

## Keeping Families In Mind

This is an innovative new service from Sheffield Mind, funded by the MoD, aimed at providing therapeutic support to the families of current serving military personnel.

This could be support for significant, stressful events arising from the deployment of a loved one, the uncertainty when they are away or the challenges that can arise when they return following a period of deployment.

We also appreciate that family life carries on regardless and that this can bring its own stresses and challenges. We can support here too, providing an opportunity to talk about the extraordinary pressures of life in and around the military.



## Who We Will Support

### Family Members

Our service is available to family members over the age of 18 years. The only requirement is that they are related to a currently serving member of the armed forces

We know how important families can be in supporting one another and how the impact of life in the military can be felt throughout.

### Living in South Yorkshire

We will support family members living in South Yorkshire regardless of where their relative in the armed forces may be stationed, from or currently living.

Keeping Families in Mind is an independent, unaffiliated service.

**We believe** people benefit from the opportunity to express themselves freely and without judgement how they feel about life alongside the military.

**We aim** to provide advice and support to help relatives cope with, or adjust to, military life.

**"We believe that families can be best placed to support one another, including their serving members, if they themselves are able to access the help and support they need."**

## Our Offer

One-to-one counselling.

We offer the opportunity for family members to access free confidential counselling from a qualified (BACP registered) therapist.

This service will be flexible in its delivery – we can visit in people's homes, nearby community venues or see them at our offices in Sharrow, Sheffield.

Supportive groups.

We will operate easy-to-access groups to reduce peoples isolation and to provide them with a place to feel able to share their experiences. Our support groups will encourage ongoing peer support and will provide people with the space to talk and be heard as well as to listen and share with others.

Group work.

Our therapists will deliver a range of group work covering topics including anger management and art therapy.

## About Sheffield mind

Sheffield Mind believes that good mental health is fundamental to living a healthy and fulfilling life and to having positive relationships with those around us.

We also believe that everyone can do a lot to improve their mental health and we promote self-help and empowerment as a route to prevention and recovery.

By providing support tailored to individual need we can help people overcome their difficulties. Our bespoke, recovery focussed activities are proactive and designed to facilitate empowerment, helping people become more emotionally resilient and more able to cope positively in the future.



Keeping Families in Mind has been generously funded by the Armed Forces Covenant Fund.

Our work is entirely independent of the Ministry of Defence or any aspect of the armed forces.

## Contact Us

Sheffield Mind offers help and support with the aim of helping those experiencing mental health difficulties to recover and lead fulfilling lives.

Sheffield Mind is an independent charity (no 276108) and a company limited by guarantee (no 1336352) and was set up in 1971. We are affiliated to Mind nationally (mind.org.uk).

For further information, please contact us:

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## Support for Military Families

