

What is Agoraphobia?

Some people have great anxieties about leaving their house, and functioning in the world outside. They may also have other fears which prevent them from doing things like going into supermarkets, being in large groups or using public transport. These life-limiting anxieties are often known as "agoraphobia".

Some people are able to get out but have extreme anxieties about having to interact with other people. Sometimes this is called Social Phobia.



What does our service do?

Our service provides a trained volunteer to work on a one-to-one basis with a person experiencing agoraphobia or social phobia. We match a trained volunteer mentor with a service user and they will meet them usually once a week, to support them through their individual plan of action.

The plan of action is based on little steps towards achieving things that were previously too frightening. The volunteer will meet weekly with the client to support them through these small steps.

We will work with you for 12 weeks, gradually supporting you to make small changes that will make your life more meaningful and inclusive

At the end of the mentoring relationship we will work with you to devise a plan for the way forward, using our other services such as Springboard, Coping with Life courses or external services which would meet your needs.

What people say about our agoraphobia service:

"It helped me to build confidence to believe I could regain my life."

"Having a mentor with me initially really helped me to feel safe and learn how to cope when out"

Who can use the Mentoring for Agoraphobia Service?

The service is for people who:

- Are over the age of 17
- Live within the Dartford, Gravesham or Swanley areas
- Have agoraphobia or social phobia
- Are committed and motivated to changing their situation
- Are ready to move forward
- Have been assessed as suitable for this service

How do I apply ?

A person can contact us directly, either by phone or in person, to make a self-referral, or they can be referred by a professional involved in supporting them (e.g.. a GP, or a worker with the Mental Health Team).

Contact:

Sue Carter
The Almshouses, 20 West Dartford, Kent,
DA1 2EP
01322 291380

suecarter@northkentmind.co.uk

What is the next part of the process?

A home visit will be arranged. We always have 2 staff doing the first visit to a client. They will talk to you to assess your needs and, where there is agreement that we can be of help to you, you will then be matched with a volunteer when one is available.

All Mentoring for Agoraphobia volunteers are

- Selected by North Kent Mind as appropriate to offer this support
- Trained by North Kent Mind to be a mentor for agoraphobia
- Checked with the appropriate authority to ensure there are no reasons why they should not work with vulnerable adults
- Fully supported and supervised by North Kent Mind

Aims of the Mentoring for Agoraphobia Service:

- To provide an individualised service which helps people overcome their fears.
- To promote self-confidence and self-esteem.
- To work in a way which empowers the service user to become independent.
- To work to help a person decrease any feelings of social isolation.
- To support clients to achieve the personal goals that will improve their mental health.
- To support clients to develop skills for self-help.
- To devise an Exit Plan to follow when moving on



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North Kent Mind's other services

Wellbeing Services:

A range of open and activity sessions, courses and groups, and mentoring.

Psychological Therapies:

Talking therapies provided on behalf of the NHS: Counselling, CBT, Psycho-education, Guided Self-Help, and Group Work.

Low-cost Counselling:

Individual Counselling without rigid limits as to the number of sessions available. Fees from £8.00 per session.

Supported Housing:

Long and short-term supported housing.

Education:

Placements for social work students, mental health nurse trainees, trainee counsellors and police cadets.

Training Services

Mental health training.

Springboard Employment Services

A range of services to support people into employment, volunteering or training.

All our leaflets are available in large print, Braille, or other formats, on request.

In North Kent Mind we are committed to continuously improve our services through quality review and service user feedback.

North Kent Mind

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Mentoring for Agoraphobia

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