

Do you, or does someone you know, want to access support to improve emotional wellbeing?

Umbrella provide early support interventions for individuals with low to mild mental health and/or learning disabilities. We understand that one size doesn't fit all and offer a "pick and mix" range of support that aims to improve wellbeing. Our support offer includes personal counselling, structured group work, peer support & mutual aid groups, befriending and housing support.



Humankind

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The Umbrella service is delivered by Humankind on behalf of Barnsley Metropolitan Borough Council.



Do you, or does someone you know, want to access support to improve emotional wellbeing?

We work with people who are experiencing difficulty with mild symptoms of anxiety, depression or social isolation through a range of activities and support.

Contact us for support or to make a referral on behalf of someone else on 01226 709040, 9am to 5pm, Monday to Friday. We will carry out a short telephone screening to ensure that Umbrella is the most appropriate service for you.

What next? You will be offered an appointment for a full assessment of need where we will discuss various support options with you. We understand that people are all individuals with different needs so we offer a range of approaches - we can discuss which options might be best for you.



Counselling can help you explore and change how you think about your life and free you from unhelpful patterns of behaviour. We can offer 8 to 12 sessions of confidential 1:1 counselling which is tailored around your needs with the aim of improving your daily wellbeing.



Group Work is designed and structured to support you in living well. You will be coached in making simple changes and taking actions that can have a positive impact on your day to day wellbeing. We offer a choice of Group programmes such as Managing Stress and Building Self Esteem. Please contact the service for an up to date Group Programme Schedule.



Befriending will link you to a local volunteer who can offer support and companionship for up to 3-6 months. Our volunteers aim to help you achieve goals to address issues such as social isolation or fear of public transport which will help you to increase independence.



Housing Support is available to those who are unable to access statutory services and aims to provide support with tenancy related issues to enable and empower you to develop personal resilience to live independently. This includes facilitating access to existing complementary services.



Peer Support is a great way to help you improve your mental wellbeing. Social isolation can have a huge impact on your wellbeing and Umbrella supports a range of social and peer groups we can help you to access such as LGBTQ+ Group, Craft and Chatter, Carers Garden, Men's Group. We are always open to supporting new ideas and the set up of new groups that will help you as a member of the community to connect with those around you.

Our service works in the local community to support people with low level mental health or learning disability. We recruit and train volunteers - if you would like to volunteer with Umbrella, please contact us on **01226 704090**.