

About...

Gwenda House

My family were also involved and my relationship with them has improved a lot. After three weeks I felt a lot better and was able to return home. Now I get out more and even feel confident enough to walk my dog around the estate where I live. Gwenda House helped me get through a very tough time."

(names have been changed)

For a different language or format, please contact us.

如果您需要其他语言或格式的帮助，请联系我们

В случае необходимости получить и формацию на другом языке или в другом формате просим связаться с нами.

Pour tout autre langue ou format, veuillez nous contacter

بۇ ھەر زامانكى تر، يان ھەر شىۋازىكى تر، نكايە پەيوەندىيمان پىۋە بگە

बिसै वी वर ब्रामा नां तुप लछी बिरपा वरवे माञ्जे ताम्र संपवक वटे।

Haddii loo baahdo luqad kale ama qaab kale loo sameeyo, fadlan nala soo xiriir

অন্য ভাষা অথবা তর্জমার জন্য আমাদের সঙ্গে যোগাযোগ করুন

لأى لغة أو صيغة أخرى برجاء الاتصال بنا

کسی دیگر زبان یا شکل کے لیے برائے مہربانی ہم سے رابطہ کیجیے

Gwenda House

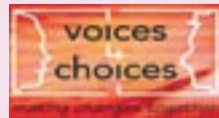
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Warwickshire

GWENDA HOUSE
A NORTH WARWICKSHIRE CRISIS HOUSE



About...

Gwenda House

Welcome to Gwenda House

Gwenda House is an established service for people experiencing mental health issues. The house offers an alternative to hospital admission, providing guests with genuine, individual support.

Who is the service for?

Our service is for anyone aged 18 or over, who lives in North Warwickshire, Nuneaton, Bedworth or Rugby, and who is suffering from the symptoms of mental ill health. People staying with us do so of their own choice and are keen to work towards their own recovery.

How will this be achieved?

The service provides a homely, positive and supportive environment. Trained staff are at hand to provide a listening ear, enabling you to talk about your problems with people who care. Trained support workers are available between the hours of 8am and 8pm. It is anticipated that the length of stay for each guest will vary, but will not exceed three weeks.

What can Gwenda House offer?

- ▲ A safe, warm, caring environment;
- ▲ Confidentiality at all times;
- ▲ Non-judgemental staff;
- ▲ Someone to talk to;
- ▲ An opportunity to prepare a recovery plan YOU are comfortable with.

How to access Gwenda House?

Referrals to Gwenda House: via the Crisis Team
- Tel: 024 7684 8705 or through your G.P.

For further information contact Gwenda House
- Tel: 024 7635 0198

Case Studies

Anne's story.

"When I first came to Gwenda House I was feeling very vulnerable. Things at home were not good and this was making me very depressed. I stayed at Gwenda House for about two weeks. This gave me time to think.

I found I could talk to the staff at Gwenda House. I could ask for advice, and I could plan just what to do for the best. I also felt myself getting much better.

At the end of my two weeks at Gwenda House I had made lots of new friends. During my stay I met some people who had been through similar experiences to me. People who felt I could talk to."

David's story.

"My stay at Gwenda House lasted about three weeks. The area I am living in gets me down and was making me feel very paranoid. It got to the stage where I wouldn't go out and this was causing lots of problems between me and my family. During my stay at Gwenda House my confidence improved and I started to go out, firstly with a member of the staff and in time, on my own.