

Are you in need of Mental Health Support? We can help.



We believe in having a good quality of life, which is fulfilled, enjoyable and key to moving on in life. The **Mental Health Network** is an innovative project based in Stockport and delivered in partnership by **Pure Innovations** and **SPARC**.

This service is designed for people who have been with or are with secondary mental health services. Our mission is to help and support you to become more confident and resilient to start a move away from more traditional Mental Health Services.

What we offer?

We offer a short term bespoke, one to one person centred service, to help people increase their social networks, promote independence by providing access to:

- ★ **Social Group Participation**
- ★ **Peer Support opportunities**
- ★ **Access to Volunteering opportunities**
- ★ **Community based physical activities**
- ★ **Advice and support to access education and training**
- ★ **Supported onward signposting and referral pathways**
- ★ **Access to Talking Therapies and CBT**
- ★ **Green space activities and drop ins**

How to get in touch

Professionals can refer clients into service, or you can self-refer via our website at pureinnovations.co.uk

You can request a referral form via our email mentalhealthnetwork@pureinnovations.co.uk

Or leave a voicemail with us on

0161 470 1227

PURE 
INNOVATIONS
The key to a fulfilled life



We will aim to get back to you within 48 hours

Pure Innovations Ltd.

📍 Prospect House, Newby Road Industrial Estate, Newby Road, Hazel Grove, Stockport SK7 5DA

☎ 0161 804 4400 🌐 www.pureinnovations.co.uk ✉ hello@pureinnovations.co.uk

📘 /Pureinnovations 🐦 @weare_pure