

## Contacting the Assertive Outreach Teams:

### Cheltenham, Tewkesbury and North Cotswolds

Lexham Lodge,  
Copt Elm Road,  
Cheltenham  
GL53 8AG

### Stroud and Cotswolds

Park House,  
Park Road  
Stroud  
GL5 2JG

### Gloucester and Forest

136 Stroud Road,  
Gloucester  
GL1 5JR

[www.2gether.nhs.uk](http://www.2gether.nhs.uk)

## Emergency contact details:

**Cheltenham, Tewkesbury and North Cotswolds** - 08454 224848

**Stroud and Cotswolds** - 01453 562105

**Gloucester and Forest** - 01452 891207

## Become a member

Anyone aged 16 years or over and living in Gloucestershire can become a member of the our Trust.

With your help and feedback we can continue to develop our services, tackle stigma and challenge discrimination.

Membership is free.

For more information on becoming a member telephone 01452 891165 or visit [www.2getherinclusion.nhs.uk/get-involved](http://www.2getherinclusion.nhs.uk/get-involved)



If you would like further information, additional copies or would like to receive this leaflet in another language, large print or on audio format please contact the Trust Communications Team at Trust Headquarters, Rikenel, Montpellier, Gloucester, GL1 1LY. You can email us at [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk) or call us on 01452 891604.

## Working Age Adults



# Assertive Outreach Teams

**2gether**  
Making life better

Foundation Trust  
For Gloucestershire **NHS**

## About us

Together's three Assertive Outreach Teams work with people who have continuing mental health problems and benefit from regular professional help.

The people who use our service may not feel comfortable with other services or are affected by alcohol/drug misuse, homelessness or contact with the criminal justice system.

Our teams work closely with service users, carers and other services to help improve health and social function and achieve the best quality of life possible.

## How does the team work?

We work with you to create a care plan. Your care plan is personalised to meet your needs and help you to develop a more active and healthy lifestyle.

We listen to your experiences and discuss what you would like support with. The support we offer is frequent and ongoing and we ensure that you receive our support where you feel most comfortable.

We can arrange to meet you in your home or in another location such as a coffee shop or park.

We offer a wide range of activities to help improve your mental health and wellbeing. These may range from group activities, like sport, walking or music, to more specific work on aspects of physical or mental health.

We also help you with everyday activities like shopping and cooking.

## I am in the care of Assertive Outreach, what can I expect?

We meet with you regularly to see how you are getting on and discuss any changes you may like to make.

We help identify and seek out opportunities for social, leisure and occupational activity, including access to appropriate employment.

Our main aims are to:

- ensure you receive appropriate help at the earliest opportunity
- maintain your family relationships and develop social networks
- assist you to find and keep accommodation
- improve your daily living skills
- reduce hospital admissions
- prevent relapse

## Who will look after me?

Our team consists of Psychiatrists, Psychologists, Sports Therapists, Occupational Therapists, Social Workers, Nurses and Support Workers

Occasionally, students may be involved in the work of the team. If you are not happy with this then please let us know. This will not affect your treatment in any way.

You may have contact with a number of team members during our involvement in your care.

We will keep in regular contact with you that way you always have someone to talk to and trust when you need support.

## What if I need more care?

We work closely with the Crisis Resolution and Home Treatment Teams to provide you with increased support for a temporary period.

