

# Mental health

Ark Complex Care can support and enable you on the road to recovery from mental ill health. We recognise that there are many elements to an individual's recovery which will be centered on the people and things that matter to you.

You will be looked after at home by a dedicated care manager and specialist nurse. They will help you think about what matters to you most: the people, things, places and principles you value. Together we will create a personal healthcare plan which is all about you and what you want to achieve. And we'll help you develop your life skills in the familiar surroundings of your own home.

**With our support,  
you can:**

- Stay in the comfort of your own home
- Regain vital skills for a successful life
- Remain close to family and friends
- Live a more independent life
- Fulfill your goals and ambitions
- Taking control of decision making
- Avoid future hospital admissions



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