

MY STORY



Julian Support have been involved with my three sons and myself for at least six years

After many years of depression and fighting anorexia nervosa, I had a major breakdown in 2006.

My eldest son was already being supported by a Julian Support worker and was in supported accommodation.

A Julian Support support worker had been part of his support from his first crisis, visiting him weekly, initially at the family home.

Julian Support was also supporting my middle son as he had ongoing mental health problems. As our family situation worsened, his support worker increased efforts to rehouse him. As my mental health continued to deteriorate, my social network collapsed as people avoided me. I lost my job and subsequently my income, due to absence through depression.

My husband left me, and I was unable to remain in the family home. My CPN contacted Julian Support and within four weeks my youngest son was rehoused in a hostel. I was rehoused in supported accommodation. I have been given help by my Julian Support support worker with financial problems, sorting benefits, bills, emotional help, and above all stability.

My youngest son is now in a move on flat and is well. My middle son is on the Princes Trust programme and my eldest son continues to be supported by Julian Support in his current accommodation. The impact of mental health problems on our family has been huge, but Julian Support has been consistent and supportive, practically and emotionally throughout.