



Are you in crisis due to a mental health problem or addiction?
Are you looking for support, hope and practical assistance?
**Lister will support you on the road to recovery
until you are able to support yourself again.**

We all want to be able to live a satisfying life and make our personal dreams and wishes a reality. We all want to feel we matter. Sometimes that's not the way it works out; the difficulties of life seem overwhelming and it feels like everything is going wrong. You can't get yourself out of that situation, even with the people around you. Mental health difficulties prevent you from taking the next step. You are looking for someone to stand alongside you and help you get your life back on track.

Lister offers support and, if it is needed, a place to live. Specialist staff put together a support package working with you and your family/friends. How intensive this support is will depend on your needs. In our approach we also draw on the specialist skills and expertise of qualified, experienced professionals. We will accompany you on your journey until you're able to stand on your own two feet again. We set great store by your own ability to get yourself on the road to recovery!



The support we offer

Lister provides support at home and 'supported living' to people aged 18 and over with a mental health problem and/or issues with addiction and care needs in the area of day-to-day living and housing. The support we offer is focused on helping you build up your resilience for the future. You determine what changes you want to make in your everyday life, and we support you to achieve this. In doing so, we involve the people and activities that are significant to you. Your personal goals form the basis for your support plan. In this way, you can develop and improve your life and take part in society, meeting your own needs with support from the relevant services where appropriate.

Home support

Peripatetic support means that you receive support from Lister at home. Together with the support worker you agree on the areas in which you would like to develop and how often and what kind of support you need. The frequency of the contact may vary between two times a week to several visits a day.

Supported living

Also called supported housing or accommodation. This is for people with long-term, complex issues who need help to be able to live independently. You need care services (planned and unplanned) to be on-site and support in various areas of your life. Together with the support staff you work towards greater independence and expand your scope in areas like living, activities, sense of purpose and social contact.

Family coaching

When a close friend or relative is suffering with a mental health problem this can also have a major impact on those around him or her. It's important that those around the person experiencing difficulties are able to stay strong and, where necessary and desirable, support the development

of resilience in the person. In this case, family coaching can help. At Lister coaching is provided by a family specialist and a family coach. Neither are able to view the client's file or information on the client's background. This is to ensure complete independence and an unbiased approach in contact with relatives/friends.

Specific expertise and specialisms of Lister

Lister specializes in supporting people with complex care needs in the area of psychiatrics and addiction. These include autism, schizophrenia, borderline personality disorder, forensic psychiatric problems, young people experiencing psychotic episodes (ABC houses) and chronic problems with addiction. When supporting these client groups we work alongside healthcare professionals from specialist services such as Altrecht, Jellinek, the Van der Hoeven clinic and others.

Where we work

We work in the Utrecht, Nieuwegein, Houten, IJsselstein, Lopik and Vijfheerenlanden municipal areas. There are 720 staff working for Lister who together support nearly 1,600 clients on the road to recovery.

Lister Central Office

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E info@lister.nl
www.lister.nl

Registering for our service

Information about registering to receive care from Lister can be found on the website: www.lister.nl. If you have any questions about the care provided by Lister or questions about seeking help, the Lister Front of House team will also be able to help you. They are available on weekdays between 9.00 and 13.00.
(T 030 236 10 95, voordeur@lister.nl)