

# DONCASTER'S CRISIS ALTERNATIVES ALLIANCE



Doncaster's Crisis Alternatives Alliance includes Safe Space (Doncaster PFG), HIU (Doncaster Mind), Wellness (Doncaster Mind) and Doncaster Rape And Sexual Abuse Counselling Services (DRASACS) and IMP;ACT.

The community based Mental Health Alliance Hub, is a multi-agency strong, reliable partnership presenting an alternative for the people of Doncaster ensuring that no front door to mental health support is closed when people need it the most. The alliance supports individuals at any point on their mental health journey to recover from crisis, restore emotional resilience and prevent deterioration.

The Alliance are funded by South Yorkshire Integrated Care Board (SY ICB) and Doncaster Council (DMBC) until 2026.



**IMP;ACT is service of Open Minds Counselling Services**  
Open Minds is a registered Charity number 1155119



## Winner of

2023 Best Specialist Counselling Training Charity – UK and 2023 GHP Excellence Award in Diverse & Inclusive Employment  
2022 Most Compassionate Counselling Service – South Yorkshire in the GHP Mental Health Awards  
2021 Best Professional Adults & Children's Counselling Service - South Yorkshire in the Northern Enterprise Awards  
2020 Doncaster Adult Safeguarding Award

learn more at: <https://www.making-an-impact.com>

# IMP;ACT

IMPROVING; Attitudes, Choices, Thoughts

## Who do we work with?



Aged over 18



Not in ongoing crisis



Have intended to die within the last 12 months



Not parasuicidal with repeated suicidal gestures

## About Our Service

Since 2020 IMP;ACT have worked with people whose suicide attempts arise from a combination of life distress and physical and/or mental ill-health. The IMP;ACT Team supports people for up to a year with emotional resilience mentoring and practical coordination, looking to address the factors in their lives which led to their suicide attempt, and reduce the likelihood of further attempts. This includes managing their personal health, relationships, professional lives and the world in which they live.

## Voices of Lived Experience

**I truly believe without impact's help and support my son would be without a mother, a partner without his other half, brothers without their sister.....**

**My coordinator is wonderful to work with, really knowledgeable... to have that level of trust and ease with a person... speaks volumes about how excellent he is.**

**IMP;ACT has helped me ask for the help I needed.**

## Our Team, Our Work

**3 IMP;ACT Coordinators**, each working 3 days per week, provide regular and consistent support to service users around life issues such as housing, accessing benefits or employment, around finding the right medical treatment, and any psychological difficulties.

### Spotlight - IMP;ACT Coordinators

Coordination is aimed at developing psychological wellbeing, emotional resilience, life-connections and the coping skills to manage future life distress.

The coordinators develop tailored Emotional Resilience (EmRes) mentoring programme and support materials, alongside supporting the EmRes Mentors and one another, and work intensively with service users for up to 12 months of recovery.

The coordinators are all highly skilled, compassionate people, drawing on their skills as qualified counsellors in order to guide people through some of the most vulnerable times in their lives.

### Voices of Lived Experience

**They've worked around me and supported me with difficulties with my children and current surroundings, my coordinator has advocated for me and supported me.**

**I do at this moment feel 1000% less suicidal than I was before.**

**IMP;ACT is a vital service that is a life line for so many people, I can't stress enough how much My coordinator has supported me with my issues and worries.**

**I quite literally mean it when I say that without her support I wouldn't be here to give this feedback.**

## Our Team, Our Work

**4 Emotional Resilience Mentors** provide hourly sessions to service users once a week.

EmRes Mentors work with service users to help them understand and change their relationship styles, and to help them to manage anxiety and other internal factors.

### Spotlight - EmRes Mentors

Mentoring is by telephone, video call and in person.

Service Users work with an EmRes mentor for 6 – 12 sessions, each 1 hour-long. EmRes mentoring brings focussed support, tailored to the person's needs, and the triggers to suicidal distress that have been identified with the coordinator.

Each EmRes mentor is a highly skilled, qualified counsellor, drawing on these skills in order to risk assess and guide each service user effectively. Coordinators support mentors with individual and team debriefs, using their input to develop safety and coordination plans to empower service users to overcome difficulties in their lives.

### Voices of Lived Experience

**IMP;ACT has successfully nurtured me gradually, without throwing me in the deep end, to improve on not isolating myself.**

**Since working with IMP;ACT I've been suicide free for nearly 600 days**

**I would say that the support and confidence given to me with things such as disputes and climbing the "fear ladder" has also helped me to raise my self-esteem.**

**As someone with Asperger's, I have been able to understand more of myself and my relationship to others.**