

RESIDENT STORY



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Moving to a supported housing service gave one resident in Kent the boost he needed to start improving his mental health.

Alex, who lives at St Johns Church Road in Folkestone, first moved into the service in 2013 after he'd been living with his parents.

The now 27-year-old said: "I live with Asperger syndrome and depression. I had got into a very bad place with hoarding and I knew I needed help with my mental health."

Today, Alex's flat is kept in a clean condition, and he spends time with friends out and about in the community.

Alex said: "Since clearing my flat I've felt much happier, and my anxiety levels are lower.

"I take part in paid work once a week and I am hoping to apply for volunteer work, with the help of my support worker."