

# RESIDENT STORY



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An Ipswich man with mental health needs feels he now has a future to look forward to since moving into supported housing.

Liam Sharp came to Sanctuary Supported Living's Berners Street service in December 2018. He said: "I had been living in temporary accommodation following a relationship breakdown and was really struggling.

"My mental health conditions meant that living like this was extremely difficult for me – I live with autism, Asperger's Syndrome, stress-induced psychosis, dyspraxia, dyslexia, depression and anxiety."

Following his move into Berners Street, Liam has enrolled on an engineering course at a local college, and is receiving support around budgeting and health and safety to enable him to live in his own apartment.

The 21-year-old has also stabilised his mental health.

Liam commented: "Although I've only been here for a short time, I'm really settled with having a place of my own. "I feel that the bespoke support I've received here at Berners Street has enabled me to achieve my goals and I'm very hopeful for the future; with support, I'm already making steps towards living independently."