



Contact a personal aide!

Do you suffer from a history of mental health issues or a long-term mental disability? Are you in need of support from the community but don't know where to turn? Contact a personal aide!

A personal aide (personligt ombud) is a source of support if you are in the age between 18-65 and have a history of mental health issues or a long-term mental disability. A personal aide is independent of any public agency or authority. We have a duty of confidentiality and contact with us is free of charge.

Which help can I receive from a personal aide?

If you are having difficulty coping with day-to-day life, have a general need for care, support and service from the community then we can guide you to the right public agency. Perhaps you are already receiving help but it's not sufficient? Perhaps you are dissatisfied with the way help is being provided? If so, we can be of assistance to ensure you are given the service and care you require in a way that works for you.

How does it work?

The aim of a personal aide is to assist and ensure that you receive the help that is available and right for you. Our aim is to enhance your quality of life and personal independence.

Together we can draw up a plan for how we can work to ensure that you receive the correct support that you need. Help from a personal aide is available for a limited period, usually from a couple of months up to 1,5 year. Our support is not a statutory right, this means that we can say no to a request from you if we feel that we can't offer you assistance.

How do I contact you?

You can phone, text or write an email to us. You also have the option of being helped by a relative, friend or member of staff. We will set up a meeting together within 2 weeks from first contact.

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