

## Livvy's story



**My name is Livvy, I'm 22 years old and I've been in Supported Living for nearly two years. I can tell you I've improved a lot since I started here!**

### Here is a little rundown of my history

I have been struggling with my mental health since the age of 13 and I've been in and out of hospitals and units. I was in a hospital in Birmingham for 2.5 years under Section 3 of the Mental Health Act. I was detained against my will for my own safety.

So, when I got accepted into Supported Living. I was over the moon and felt like my finger was off the self-destruct button. Also, I was bricking it because for the last 2 years that's all I had known. I was institutionalised and was scared of what the big bad world had to offer me. I moved into Supported Living in February 2021 and wow! It was very different to what I was used to. I was on Section 17, which meant I could be recalled back to hospital.

I think all staff can agree I was a little terror... always testing boundaries, running away, giving attitude and just being a pain in the bum. I moved in at a time when COVID-19 was at its finest and you were only allowed one social bubble. I thought I didn't have to listen to staff and I was above the law.

Well, how wrong I was! I spent a total of 50 days in isolation on different occasions, but the funny thing about this the detective team leader and manager would know what I was going to do before



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even I knew (scary I know) but I look back on myself and laugh at how bad I was and look at how much I've matured in such a short amount of time.

Yes, I still have blips and slip ups but I've discovered everyone does. It may not be the same way I cope with life but everyone is battling something.

Here comes the positive parts...

- I am no longer on a CTO
- I have control of 7 days of medication
- I joined The Prince's Trust 12-week programme and completed it
- I completed The YES Project for 15 weeks
- I completed youth offenders training and now can work with youth offenders and mentor them
- I'm happy, healthy and living my best life. I can't thank my family and staff enough for never giving up on me even when I was at my lowest. I am so blessed to have everyone who helped me on my journey



**My advice:** As someone who has suffered and is still fighting the demons in my head, I can tell you; never give up. Everything happens for a reason. Even if at the time it feels horrible, it will get better.

## Is Supported Living for me?

Talk to your allocated worker or for more information contact us on **0116 305 0004**, or visit [www.leicestershire.gov.uk/supported-living](http://www.leicestershire.gov.uk/supported-living)