

## What do Companions Do?

Companions share a home with residents who are recovering from mental illness. We make a real difference in the lives of the residents by . . .

- Sharing House activities
- Listening
- Sharing meals and daily chores
- Enjoying conversations
- Creating a home where residents feel safe and cared about



Dinner at Plymouth House of Healing

Plymouth Healing Communities  
1217 Sixth Avenue  
Seattle WA 98101

## EXPLORE BECOMING A COMPANION

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Spend a year living at Plymouth House of Healing, a place of healing and hope for residents recovering from mental illness.



**NEED:** Every night over 8,000 people are homeless in Seattle and King County. Over 40% struggle with mental illness. Many who are treated for mental illness leave the hospital to become homeless again – making recovery very difficult.

**RESPONSE:** Plymouth House of Healing was created by Plymouth Church as an alternative to the streets – a place where healing and hope is possible. We now have over three years of serving the most fragile, marginalized people in our city.

**RESIDENTS:** Residents are referred to us by Harborview Medical Center. While living at the House they continue with outpatient treatment at Harborview. Residents stay until they find permanent housing; typically from three to six months. At any one time, eight people live at the house, four residents and four companions.

*“My time at Plymouth House of Healing was the best three months of my life.”*

*former resident*

**PLYMOUTH HEALING COMMUNITIES** is a nonprofit organization which provides housing with companionship for individuals living with mental illness. We have three homes, including Plymouth House of Healing.

**SPIRITUAL LIFE:** Plymouth House is an ecumenical community that respects all faith traditions. Our spiritual life as a community focuses on gratitude.

OUR FIRST COMPANION TEAM



**BECOME A COMPANION:** To apply send a resume to [plymouthhouse@phoh.org](mailto:plymouthhouse@phoh.org) or call Karen Gwilym, house manager, at 206-861-1342.

Companions receive room and board, health insurance, ongoing training, and \$300 a month. Combining life at the house with a part time job or going to school is encouraged. Being a companion is a one year commitment.

**QUESTIONS?** For more information visit our web site: [www.phoh.org](http://www.phoh.org) or give us a call.