

Contact Us



If you are interested and want to know more about our service, please contact our Highland Community Link Worker via email:

clwhighlandadmin@
supportinmindscotland.org.uk

For further enquiries:

National Office enquiries:

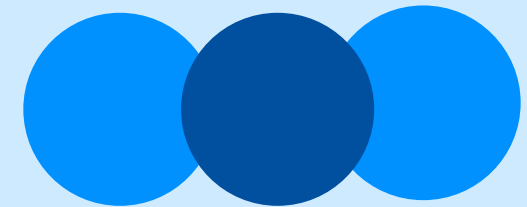
☎ 0131 662 4359

Information Service (for mental health support):

☎ 0300 323 1545



Highland Community Link Project



NHS



Highland

Follow us on social media!



@suppinmindscot

supportinmindscotland.org.uk

Support in Mind Scotland is the operating name of the national Schizophrenia Fellowship (Scotland), a company limited by guarantee registered in Scotland SC088179. Charity Number SC013649.

Action for people impacted by mental illness

We are Support in Mind Scotland, an award winning mental health charity.

We currently have more than 30 diverse projects across Scotland.

Support in Mind Scotland aims to improve the quality of life for anyone impacted by poor mental health.

The Highland Community Link Project

Our Highland Community Link Worker project provides support to GP Practice patients who need to improve their well-being and are experiencing poor mental health.

Our one-to-one support is confidential and consists of up to 8, 1 hour-long sessions. Support can be delivered:

- Face-to-face
- Using Near Me
- Video-conferencing
- Phone call



Who we work with

- Anyone over the age of 18 referred by their GP to our service
- Anyone suffering poor mental health
- Anyone who could benefit from extra time to discuss their needs in a safe and confidential space
- Anyone who has social stressors that impact mental health such as financial stress, unemployment, social isolation, bereavement, and problem substance use.
- Anyone looking to live a healthier lifestyle.

The people we work with tend to face multiple and complex challenges, including but not limited to:

mental health, social isolation, loneliness, poor housing conditions, unhealthy relationships, poor physical health, language barriers, discrimination and much more.

Ways we can help

- Professional, experienced staff with good knowledge of local and national groups who can signpost to the service which best meets the individuals needs
- Support to identify issues which impact wellbeing
- Take a person centred approach and support people to identify personal goals and priorities
- Ensure people face minimal barriers and offer one-to-one appointments within your local GP Practice

We want to hear from you!

If you are a GP or patient in the highlands and think you could benefit from the Highland Community Link Project, please get in touch to see how we can work together to improve mental health in rural communities.