

Positive pathways for mental health and wellbeing



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FOREWORD

Produced by the Hamilton Health and Social Care Forum (HHSCF), this document is intended to assist individuals and organisations by identifying various service pathways that could help with issues that, if not addressed, could negatively affect an individual's Mental Health and Wellbeing.

This Pathway has been co-produced with local organisations and communities and is the first collaborative document presented publicly to the Hamilton Locality of South Lanarkshire.

The HHSCF truly hope that both communities and partners find use for this document and that it helps many people to understand the breadth of local organisations that can help across various themes and issues. It is our aim to continue to work locally to strengthen our communities, promote our local organisations, involve people, and encourage them to have a voice in health and social care matters whilst promoting and protecting valuable NHS services.

All local organisations within this document have consented and supplied their own information and are excited to be named as part of this Pathway.

CHAIRPERSON'S FOREWORD

In 2019, Hamilton Health & Social Care Forum (HHSCF) decided to focus on preparing a Positive Pathway for Mental Health & Wellbeing as patients and carers were finding it difficult to access mental health services. Since then the pandemic has highlighted how important the preparation of this document has become.



We are delighted to have undertaken this work and encouraged at how committed all the organisations involved have been to this process and how this further enhanced “partnership working” throughout the community and within the voluntary, statutory and private sectors.

We look forward to this document encouraging better mental health and wellbeing support throughout the Hamilton locality.

Margaret Moncrieff, HHSCF Chairperson

GUIDE TO USING THE PATHWAY

WHAT IS POSITIVE MENTAL HEALTH?

If anyone has ever googled “definition of Mental Health” then they will know the huge range of definitions that are supplied. In researching this and subsequently having many conversations with both members and partners, the HHSCF found themselves identifying closely with information which can be found on MIND (www.mind.org.uk).

This website contains a valuable amount of information and identifies that “In many ways, mental health is just like physical health – everybody has it and we need to take care of it”.

A blog on the site from Taryn Ozorio¹ explains “MIND’s booklet on how to improve mental wellbeing says good mental health is about your behaviour - what you do”. It goes on to say that good mental health is when:

- You care about yourself and you care for yourself. You love yourself, not hate yourself. You look after your physical health – eat well, sleep well, exercise and enjoy yourself.
- You see yourself as being a valuable person in your own right. You don’t have to earn the right to exist. You exist, so you have the right to exist.

¹ www.mind.org.uk/information-support/your-stories/what-is-mental-health-and-mental-wellbeing/

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- You judge yourself on reasonable standards. You don't set yourself impossible goals, such as 'I have to be perfect in everything I do,' and then punish yourself when you don't reach those goals.

This blog was written as far back as 2011 however it reiterates the need for self-care both emotionally and physical.

SIGNS OF DECLINING/POOR MENTAL HEALTH

It is estimated that one in four people will be affected by mental health problems in Scotland in any one year.

These problems will range in severity and complexity, some will last for a significant period, some may be temporary, equally people will be diagnosed but many will be undiagnosed. Whilst no one can anticipate what triggers or causes mental health problems for each individual person, common early signs of poor mental health can be:²

- Poor concentration
- Being easily distracted
- Worrying more
- Finding it hard to make decisions
- Feeling less interested in day-to-day activities
- Low mood
- Feeling overwhelmed by things

² www.bupa.co.uk/health-information/workplace-mental-health/signs-poor-mh

- Tearfulness
- Tiredness and lack of energy
- Sleeping more or less
- Talking less and avoiding social activities
- Talking more or talking very fast, jumping between topics and ideas
- Finding it difficult to control your emotions
- Drinking more
- Irritability and shorter temper
- Aggression

However, noticing some of these signs doesn't mean that you should make an assumption that a mental health problem exists. It may be a starting point to asking yourself or others about how they are coping and a reference point for using and approaching some of the services or resources contained within this Pathway.

TAKING ACTION

Evidence suggests there are five steps we can all take to improve our mental health.³ If you give them a try, you may feel happier, more positive, and able to get the most from life.

Connect

Connect with people around you, your family, friends, colleagues, and neighbours. Spend time developing these relationships – make that

³ www.nhsinform.scot/healthy-living/mental-wellbeing/five-steps-to-mental-wellbeing

phone call, write that e-mail, text or letter, go for that coffee or chat during a walk or through a video call.

Be Active

You don't always have to go to the gym or take part in a formal setting. Take a break, maybe have some time outdoors. If you can, take a walk, go cycling or play a game of football. Whatever the activity, find something that you enjoy and make it part of your life.

Keep Learning

Learning new skills can give you a sense of achievement and new confidence – so why not sign up to a course (online or locally), start learning to play a musical instrument, take a dance class or even make time to figure out how to fix your old bike.

Give To Others

Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering, can improve your mental wellbeing and help you to build new social networks.

Be Mindful

Be more aware of the present moment, including your thoughts and feelings, your body, and the work around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

More information on these steps can be found on NHS Inform website and the resources/services provided within this pathway can assist you to achieve several of the positive steps.

USING THIS DOCUMENT

The HHSCF value the individuality of each person and recognise that a range of different situations could affect each person's mental health in different ways.

In creating this document, it is the intention to present a list of valuable services that can be accessed/used in different situations. By giving this range of resources we hope that individuals will be able to access the most appropriate help and support for their needs as early as possible to stop their mental health declining further and therefore avoid the need, if possible, for crisis intervention services.



The document has been split into three sections:

- **Self-Help (Green)** – for people experiencing a slight decline in their mental health. A list of resources where individuals can access support at their own pace and find information and opportunities that could contribute positively to their Mental Health and Wellbeing.
- **Support Services (Amber)** – for individuals experiencing worry or anxiety in relation to a particular problem which is negatively affecting their mental health and potentially their ability to cope comfortably with day to day functions. Services included here can be accessed to help and support individuals with specific issues that they may be experiencing and work with them to identify a solution or access appropriate support services.
- **Crisis Intervention (Red)** – for people experiencing significant mental health issues. If you feel you need to talk to someone about your problems you should speak to your GP. If your surgery is closed or you need to speak to someone urgently, organisations in this section should prove useful and be able to provide emergency support.

For further information on the pathway please contact the HHSCF by e-mailing Community Links at administrator@communitylinkssl.co.uk



Self-help

A collection on self help resources across a number of themes where people can find information and access appropriate support.

Mental Health

A collection of online mental health pages covering a large range of topics for a variety of individuals and providing fantastic resources in a number of specific areas.

Elament	www.elament.org.uk
Lanarkshire Mind Matters	www.lanarkshiremindmatters.scot.nhs.uk
NHS Lanarkshire Mental Wellbeing	www.nhs.uk/lanarkshire/scot.nhs.uk/services/mental-wellbeing
SAMH	www.samh.org.uk
MIND	www.mindcharity.co.uk
Living Life to the Full	www.lltff.com
Headspace	www.headspace.com
Young Minds	www.youngminds.org.uk
Brothers in Arms	www.brothersinarmsscotland.co.uk
Mental Health Foundation	www.mentalhealth.org.uk
Clear your Head	www.clearyourhead.scot
Scottish Recovery Network	www.scottishrecovery.net
No Panic	www.nopanic.org.uk
Choose Life	www.chooselife.net/index.aspx

General Health & Wellbeing

Links to a collection of websites and pages with general health and wellbeing advice.

NHS Inform	www.nhsinform.scot
NHS Inform (Healthy Living)	www.nhsinform.scot/healthy-living
NHS Lanarkshire Health and Wellbeing	www.nhslanarkshire.scot.nhs.uk/your-health/health-and-wellbeing
Parent Line Scotland	www.children1st.org.uk/help-for-families/parentline-scotland
Youth Link Scotland	www.youthlinkscotland.org
Action for Happiness	www.actionforhappiness.org

Volunteering

Find out more about the benefits of volunteering and where opportunities exist near you.

Volunteer Scotland	www.volunteerscotland.net
VASLan	www.vaslan.org.uk/volunteering

Apps

A collection of apps for a range of categories identified (but NOT endorsed) by the NHS.

NHS Apps Library	www.nhs.uk/apps-library
Well Connected Lanarkshire	Search in apps store

Get Active/Learn

Information on activities and opportunities that are available in and around South Lanarkshire that will encourage you to get active, try new things and maybe learn something different.

Get Walking Lanarkshire	www.facebook.com/getwalkinglanarkshire
SLC Countryside & Greenspace Rangers	www.facebook.com/CountrysideRangers
What's on Lanarkshire	www.whatsonlanarkshire.co.uk
South Lanarkshire Leisure & Culture	www.slleisureandculture.co.uk
WRVS Village Hall Website	www.royalvoluntaryservice.org.uk/virtual-village-hall www.facebook.com/VirtualVillageHall

Drug & Alcohol

Find out more about alcohol and drugs including where to get support for individuals and families.

Ask Frank	www.talktofrank.com
Know the Score	www.knowthescore.info
Scottish Families affected by Alcohol & Drugs	www.sfad.org.uk

Support Services

Organisations contained within this section in many cases span a number of categories/themes. Where possible their main focus of activity has been identified.

These organisations mainly operate within office hours (Monday-Friday) and where possible contact should be attempted during these times.

Whilst intensive research was conducted when compiling this resource, there are a number of local organisations and small groups which have not been listed, from which you may also be able to access local support.

CATEGORIES

- 1 General Health and Mental Wellbeing
- 2 Addictions and Recovery
- 3 Finance & Housing
- 4 Youth & Family Relationships/Caring & Loneliness/Isolation
- 5 Loss/Grief/Trauma
- 6 Employment & Education

Community Links (South Lanarkshire)

01698 827583 An independent Community Anchor organisation which exists to engage and empower residents within South Lanarkshire to be positive contributors to local decisions within their communities. A hub for information and guidance.

administrator@communitylinkssl.co.uk
www.communitylinkssl.co.uk

1

Lanarkshire Links

Liz McWhinney
01698 265232 Supporting mental health service users and carers to be involved in the process of planning services and service provision.

Lizmacwhinney@lanarkshirelinks.org.uk
www.lanarkshirelinks.org.uk

1

Lanarkshire Association for Mental Health (LAMH)

0330 3000 133

Provides information and self-help resources to support mental health and wellbeing.

infoline@lamh.org.uk

www.lamh.org.uk

1

Voluntary Action South Lanarkshire (VASLan)

01698 300390

South Lanarkshire's Third Sector Interface, their aim is to shape, strengthen and serve a strong, vibrant, empowered and inclusive volunteering community and Third Sector in South Lanarkshire.

Office@vaslan.org.uk

www.vaslan.org.uk

1

Liber8 Lanarkshire Ltd

Margaret Halbert
01698 533035

Services to improve the health, wellbeing and the quality of people's lives, with a particular regard to reducing the negative impact of alcohol, substance use and mental health issues on the individual, families and communities.

mhalbert@liber8.org.uk

www.liber8.org.uk

1

2

The Beacons

01698 755926
07402 840987

Support for individuals and their families for positive recovery pathways from alcohol and drug addiction.

admin@thebeacons.org.uk

agilmour@thebeacons.org.uk

www.thebeacons.org.uk

1

2

All in the Family

Laurie Lee Whitton
07584 908291

Support for adults (16+) affected by someone else's substance use.

allinthefamily@sfad.org.uk

www.facebook.com/FamilySouthLan/

2

The Advocacy Project

Enquiry Response Team
0141 420 0961

Supports people to have their voices heard and be empowered to be involved in decisions that affect their lives. Issue-based advocacy services are free and confidential and independent of social work, NHS and other agencies. Advocacy services available include: Mental Health, Older Persons, Self-Directed Support and Addictions & Recovery.

enquiry@theadvocacyproject.org.uk

www.theadvocacyproject.org.uk

1

2

Blameless Charity

0800 989 0059
01698 368650

Provide fun times, happy memories and a vision of hope for the future for children and families affected by alcoholism and addiction.

enquiries@blamelessuk.co.uk
www.blameless.org.uk

2

Hamilton Citizens Advice Bureau (CAB)

01698 283477

A free, confidential and impartial advice service offering general and specialist advice and support across a broad range of issues including: benefits, housing, debt, energy costs, work related issues and health & social care.

Advice@Hamiltoncab.casonline.org.uk
www.hamiltoncab.org.uk

1 3

SLC – Money Matters Advice Service

0303 123 1008
(option 2)

Free and confidential service that helps South Lanarkshire residents claim benefits and deal with debt.

E-mail and online self referral: <http://orlo.uk//CHofA>
www.southlanarkshire.gov.uk/info/200150/managing_your_money/1850/money_matters_advice_service

3

SLC - Hamilton Division Housing

Call centre for all departments of Hamilton Division
0303 123 1015

Hamilton Division Housing, covers Housing in the areas Hamilton, Blantyre and Larkhall and also the integrated home options team as well as homelessness.

www.southlanarkshire.gov.uk/info/200142/housing_and_homelessness

3

SLC - Joint Problem Solving Unit

Anti-social Investigation Team/ Mediation Reporting Hotline
0800 389 1105

Formal services which can offer advice, assistance and (if necessary) signposting to residents of South Lanarkshire in relation to Anti-Social Behaviour, Neighbour Disputes and Mediation Services. They also specialise in dealing with complex or serious anti-social behaviour.

Asb.housing@southlanarkshire.gov.uk
Mediation.housing@southlanarkshire.gov.uk
www.southlanarkshire.gov.uk/info/200169/anti-social_behaviour/719/anti-social_behaviour

3

Positive Support (We are with you)

07815 675539

Information, advice and practical and emotional support to people affected by viral hepatitis.

nicola.elliott@wearewithyou.org.uk

2

Larkhall and District Volunteer Group (LDVG)

01698 888893

Promoting the wellbeing of the community in South Lanarkshire through reducing physical and social isolation, and increasing health and wellbeing. We are open to the whole community, with a focus on the older population.

admin@ldvg.org.uk
www.ldvg.org.uk

1 4

SLC – Youth Family and Community Learning Service (YFCLS)

Improving aspirations and life chances for young people, adults, families and the wider South Lanarkshire community.

David Brown
Hamilton Universal
Connections
01698 456680

Lynn Ruddock
Whitehill Universal
Connections
01698 477622

Connor Maxwell
Larkhall Universal
Connections
01698 883725

Gw14browndavid@glow.sch.uk
Lynn.ruddock@southlanarkshire.gov.uk
Gw18maxwellconor@glow.sch.uk

www.facebook.com/groups/330884890272486

1 4 6

COVEY Befriending

01698 894013

Provides one to one and group support to children, young people and parents /carers in Lanarkshire.

office@coveybefriending.org.uk
www.coveybefriending.org.uk

4

Lanarkshire Carers

01698 428090
01236 755550

A resource for carers across Lanarkshire to access information, advice and a range of direct support services to support them in their caring roles.

info@lanarkshirecarers.org.uk
www.lanarkshirecarers.org.uk

4

REACH Lanarkshire Autism

0141 641 0068

REACH Lanarkshire Autism provides activities and practical and emotional support for families with a child/young person with autism. We also support families who may be going through the diagnosis pathway.

info@reachautism.org.uk
www.facebook.com/REACHLanarkshireAutism
www.reachautism.org.uk

4

Trust Jack Foundation

01698 793980
07981 953794

Provide help and support to young people that are struggling with their mental health and provide support for their families.

contact.trustjackfoundation@gmail.com
www.facebook.com/Trustjackfoundation

4

Regen:FX Youth Trust

Joanne Gray
01698 552101

Deliver services for 8 – 21yr olds, offering tried and tested youth work interventions that support young people at different stages of their lives, often facing challenging circumstances.

Info@regenfyouthtrust.org
www.regenfyouthtrust.org

4

Kilbryde Hospice

01555 811846

Supports patients and families, including young people, pre-bereavement and post bereavement, with a range of services depending on need.

info@kilbrydehospice.org.uk
margaretmary.cowan@kilbrydehospice.org.uk
www.kilbrydehospice.org.uk

5

GOTO (Mental Health Service for Young People)

George Campbell/
Rhiannon Burney
01698 552114
07306 222093

A Mental Health Service for young people 14yrs plus. The only project of its kind in South Lanarkshire with professional Counsellors and Youth Workers working together to provide a unique blend of tailor-made support for each young person referred to the service.

info@goto.org.uk
www.goto.org.uk

4

5

The Manda Centre

07757 407002
01698 328724

Provide practical and emotional support for those affected by loss, isolation and loneliness due to trauma, bereavement and personal crisis.

info@themandacentre.co.uk
www.themandacentre.co.uk

4

5

Terminal One Youth Centre

Joanne Tierney
01698 829455

Deliver a wide range of youth services to young people aged 8-21 years in Blantyre, Burnbank and Hillhouse.

joanne@terminalone.org
www.facebook.com/terminaloneyouth

4

6

Women's Aid South Lanarkshire and East Renfrewshire

01355 249897

Provide information, support and safe temporary accommodation to women, children and young people with experience of domestic abuse.

info@wasler.org.uk

www.wasl.org.uk

4 5

Cruse Bereavement Care Scotland

Client/self-referral contact

0808 802 6161

Offer support to individuals assisting them through the difficult time experienced as a result of bereavement. They listen – offer an impartial ear with no agenda – and can provide additional support including one-to-one counselling sessions.

support@crusescotland.org.uk

www.crusescotland.org.uk

5

St Andrews Hospice

Patient & Family Support Team
01236 772022

Confidential support and counselling for individuals in Lanarkshire who have experienced bereavement.

www.st-andrews-hospice.com/covid-19-support/bereavement-support/

5

The Haven

01555 811846

Provide emotional and practical support to individuals, their families, children, young people and carers who are affected by life limiting illness.

info@thehavencentre.com

www.thehavencentre.com

4 5

Victim Support Scotland

01698 301111

Support victims of crime, witnesses and their family members, regardless of who they are and their circumstances.

victimsupport.southlanarkshire@victimssupportsco.org.uk
www.victimssupport.scot

5

Lanarkshire Rape Crisis Centre

01698 527003

Offers confidential, trauma-informed services to anyone over 12 yrs who has been subjected to any form of sexual violence, harassment or abuse whether this was recent or happened many years ago.

support@lanrcc.org.uk
www.lanrcc.org.uk

5

Remploy Ltd - Access to Work Mental Health Service

0300 456 8114

A confidential service available at no charge to any employees with depression, anxiety, stress or other mental health issues affecting their work.

employmentservices.osc@remploy.co.uk
www.remploy.co.uk

6

Skills Development Scotland

**South Lanarkshire
Centre:
01698 477120**

The national skills body delivering Scotland's careers service in schools, in centres and online - offering expert career information, advice and guidance to customers of all ages.

**National Helpline:
0800 917 8000**

www.skillsdevelopmentscotland.co.uk

6

SLC – Employability Services

**Evelyn McCluskey
07385 347917**

Back to work services to support people aged 16+ to enter work, education or training - if unemployed, furloughed or redundant.

evelyn.mccluskey@southlanarkshire.gov.uk
www.southlanarkshire.gov.uk/info/200143/jobs_and_careers

6

Routes to Work South

**Fiona McLean
0141 646 0511**

Supporting people from local communities into employment, education or training.

fmclean@rtws.org
www.rtws.org

6

SELECT Project - Community Links (South Lanarkshire)

**Iain Macdonald
07834 652110**

Improved IT skills through confidential one-to-one-support in managing online and digital elements of Universal Credit and other benefits claims including job search and applications.

iain@communitylinkssl.co.uk
www.communitylinkssl.co.uk

6

Remploy Ltd - Fair Start Scotland

**0300 456 8050
(local call charges)**

A flexible employment support service to help individuals move towards or into work.

www.remploy.co.uk/remploy-scotland

6

Crisis Intervention

All services and helpline numbers are free unless otherwise indicated.

Emergency Services (NHS, Fire & Rescue, Police)

999

In an emergency, medical and otherwise, when someone is seriously ill or injured and their life is at risk.

Operational Hours:

24 hours, 365 days

NHS 24 (111)

111

If you have a medical problem and you're not sure what to do.

Operational Hours:

24 hours, 365 days

www.111.nhs.uk

Emergency Social Work Services Line (South Lanarkshire)

0303 123 1008

When you have concerns about an adult or child, someone who needs help to look after themselves in their home (due to a disability, illness, mental health, dependency issues etc), someone who is caring for a person and may be needing support in order to continue doing this or someone who may need help with substance misuse or addiction issues

Operational Hours:

24 hours

(Local Rate number)

Samaritans

01698 116 123

Operational Hours:

24 hours, 365 days

Whatever you're going through, a Samaritan will face it with you. If you need someone to talk to, they listen. They won't judge or tell you what to do.

jo@samaritans.org

www.samaritans.org

Chris's House

01236 766755

Operational Hours:

24 hours, 365 days

Chris's House stands for 'Centre of Help, Response and Intervention Surrounding Suicide'. The first 24 hour, non-medical crisis centre in Scotland.

www.chrisshouse.org

SHOUT 85258

Text 85258

Operational Hours:

24 hours, 365 days

Text messaging support service for anyone who is struggling to cope.

www.giveusashout.org

Silverline

0800 470 8090

Operational Hours:

24 hours, 365 days

A confidential helpline providing information, friendship and advice to older people.

www.thesilverline.org.uk

Breathing Space

0800 83 85 87

Operational Hours:

Monday - Thursday

6pm - 2am

Friday - Monday

6pm - 6am

Free, confidential, phone service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.

www.breathingspace.scot

Childline

0800 1111

Operational Hours:

Monday - Friday

7.30am - 3.30am

Saturday - Sunday

9am - 3.30am

Childline is here to help anyone under 19 in the UK with any issue they're going through.

www.childline.org.uk

Campaign Against Living Miserably (CALM)

0800 585858

Operational Hours:

5pm-midnight,

365 days

The Campaign Against Living Miserably (CALM) is leading a movement against suicide.

www.thecalmzone.net

HOPELINE UK (Papyrus)

0800 068 4141
07860 039967

Operational Hours:
9am-midnight,
365 days

HOPELINE UK is a national confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide or anyone concerned that a young person could be thinking about suicide.

pat@papyrus-uk.org
www.papyrus-uk.org

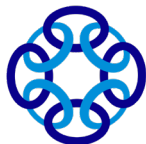
Apps/Resources

Stay Alive

A suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in a crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. The app also links you directly to local and national crisis resources, with space to add in your own.

Download the Stay Alive app from your app store.





**COMMUNITY
LINKS**

INVOLVING COMMUNITIES

This document was researched, co-produced and compiled by Community Links (South Lanarkshire) on behalf of Hamilton Health and Social Care Forum (HHSCF) in partnership with local voluntary and public sector organisations.

Special thanks goes to steering group members Larkhall and District Volunteer Group (LDVG), Lanarkshire Links, Larkhall Community Growers (LCG) and local individuals who oversaw the full research and design process from concept to delivery.

If you require this resource in a different format or language then please contact Community Links using the details below.

Contact HHSCF

Phone: (01698) 827583

E-mail: administrator@communitylinkssl.co.uk.

Facebook: www.facebook.com/HHSCF