

Who is the service offered to?

Sometimes life can be challenging and space to talk about that and have someone listen may help. The support offered aims to introduce tools and strategies to address the issues causing you distress, or weighing you down. Not all challenges do have a solution, however, being able to share what is happening and adopt new coping strategies may help reduce the distress you are experiencing and help you have an improved sense of wellbeing.

The service is offered to:

People aged 18 and over who live in Anniesland, Blairdardie, Drumchapel, Knightswood, Scotstoun, Temple, Whiteinch or Yoker and who self-refer by phoning the service themselves or, share their number so we can phone and arrange the appointment with them. If people prefer to zoom rather than to phone, we can discuss.

Please note that Wellbeing in West Glasgow is a wellbeing service offering ideas on self-care and self-management.

It is not suitable for someone with complex and multiple mental ill health issues.

It is not suitable for you if you are looking for:

- A Crisis service
- A counselling service
- A long term service

We do not place a specific limit on the number of sessions offered; however, we are not a long-term service and the project itself ends March 2023. The support offered is compassionate listening and brief solution focused intervention. We aim to offer space to share the cause of your distress and for you to be heard and then offered tools and techniques, which if practiced daily may help make a positive impact. Everyone is different, so your own needs and ability to commit to support you would discuss with your wellness advisor.

We do not accept direct referrals from agencies. However, if you think someone may benefit from the service you can give them our contact phone number to phone themselves, or with their permission share their phone number with us and we shall call them.

Useful phone numbers

Alcoholics Anonymous | T: 0800 9177 650
Breathing space | T: 0800 83 85 87
Citizens advice Scotland | T 0800 028 1456
National domestic abuse helpline | T: 0808 2000 247
Gamblers Anonymous Scotland | T 0370 050 8881
Gambling Helpline | T 0808 8020 133
Glasgow Helps | Text 07451 289255
LGBT Helpline | T 0300 123 2523
LGBT Youth | Text 07984 356512
One Parent Families Scotland Helpline |
T 0808 801 0323
Parent Line | T 08000 28 22 33
Samaritans | T: 116 123
Silverline (older people) | T 0800 4 70 80 90
Victims Support | T 0345 603 9213

Useful websites

www.cope-scotland.org
www.nhsinform.scot
www.clearyourhead.scot

Other services

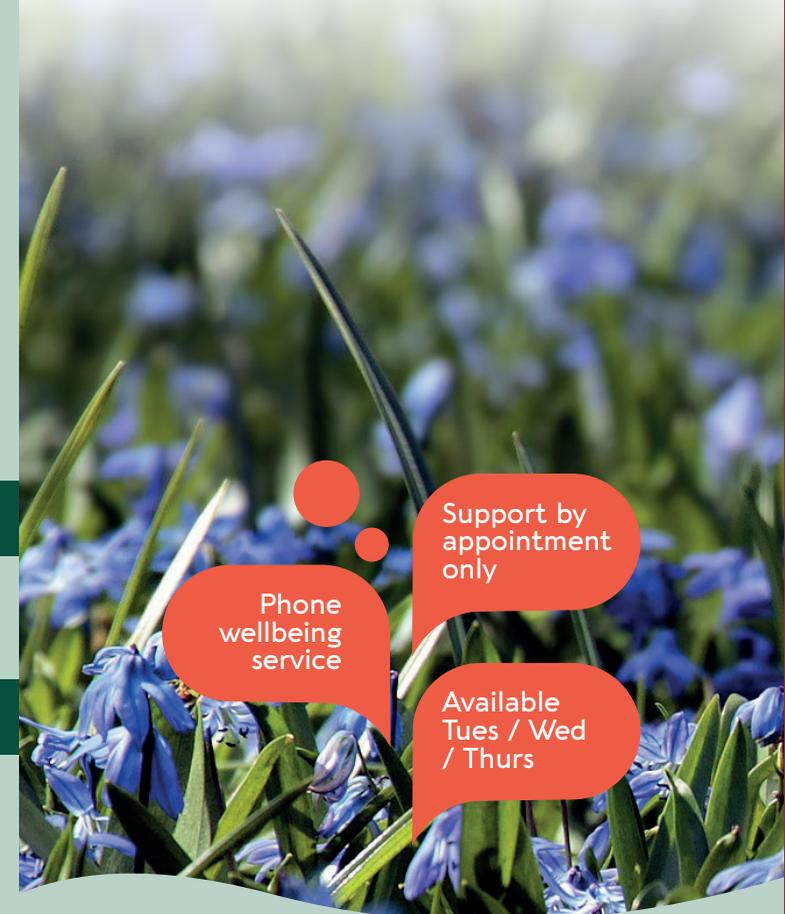
Glasgow Association for Mental Health | T: 0141 552 5592
Lifelink Glasgow | T: 0141 552 4434
The Spark Relationship Counselling | T: 0808 802 2088

Living Life offers support to people in Scotland through guided self-help and cognitive behavioural therapy. You can access the service by referring yourself for an assessment by phoning **0800 328 9655 (Monday to Friday: 1pm - 9pm)**.

Speak to your GP about Primary Care Mental Health services and Community Mental Health services



Wellbeing in West Glasgow



Wellbeing in West Glasgow is a Glasgow City Council Community Funded project managed by COPE Scotland



Funded by Glasgow Communities Fund

The impact support may have include

- Feeling someone was listening
- Improved sleep and more energy
- Regaining a sense of purpose
- Improved confidence
- Awareness of tools and resources to help manage the impact of challenges
- Awareness of other services and supports

How to make an appointment

We have a phone reception service we use which answers calls and takes messages Monday-Friday 9am till 5pm (except public holidays). Please note that the phone reception service cannot immediately check appointment times or offer appointments.

Rather, they will take a message which is passed to the Wellness Connector who will deal with your enquiry as soon as possible, and will make an appointment for you to speak to a wellbeing advisor.

Once you connect with the Wellbeing Advisor future times and days of appointments are arranged with the Wellbeing Advisor directly.

It should be noted, the Wellbeing in the West Project operates Tuesday, Wednesdays and Thursdays only.

Phone 0141 944 5490 in the first instance and someone will get back to you to arrange an appointment between Tuesday and Thursday of each week. Or, ask someone to phone on your behalf and leave your name and phone number and someone shall call you back.

Support Offered

- Compassionate listening



- Guided self help

- Goal setting and visualisation



- Tools and resources to support self-care



Reasons why someone may seek support

- Concern about their own or a loved one's health and looking for strategies to help reduce the stress they may be feeling
- Compassionate listening during a period of acute distress such as the loss of a loved one
- Feeling overwhelmed by multiple life stressors and needing space to make plans to minimise the impact of these stressors
- Recognising the need to improve self-care and looking for ideas on how this can be done

Interventions are offered by contractors who are independent service providers, there is no cost to people seeking an appointment.

