

## **Looking After Our Mental Health**

Looking after our mental health is as important, if not more important, than looking after our physical health. There are lots of things we can do that helps us deal with the stress of everyday life better. Below are some service and websites that provide self help tools and resources to enhance our self care and information on someone that we can talk to about what is worrying us, to help us look after our mental health and improve our own mental wellbeing.

### **Lifelink**

#### **Service Provision**

Lifelink offer support to anyone who is struggling to cope with everyday stress or is feeling anxious or depressed. Issues such as debt, bereavement, addiction, self-harm/suicide and problems with relationships or family can all interfere with a persons' quality and experience of life.

The service offers one to one counselling, mentoring, personal development, group work, individuals the chance to understand personal and social issues in depth and to develop the emotional skills and confidence to overcome personal challenges, transitions and difficulties.

#### **Wellbeing Classes**

Each 2-hour class is delivered via video to the group by experienced Lifelink facilitators. They cover life skills aimed at helping you to lead a fulfilling and productive life. These sessions cover a range of topic – Visit Lifelink website (below) for details of classes and to book.

#### **Self-help tools**

The website has to access a range of audio and video resources and links to useful information and organisations for adults, children and businesses. These resources are designed to be used in your own time and space to help improve your own mental wellbeing.

#### **Who can access**

Services are available aged 16 or over and who are resident in Glasgow City.

With a number of service centres and venues located in neighbourhoods across Glasgow.

#### **How to access the service**

- Self-refer
- referred by your GP, Health Practitioner or an organisation in your community (check process for GP)

Telephone us on **0141 552 4434**

Email: [info@lifelink.org.uk](mailto:info@lifelink.org.uk)

Website: [www.lifelink.org.uk](http://www.lifelink.org.uk) (online referral form can be found on this link)