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Health in Mind is a charity
promoting positive mental health
and wellbeing in Scotland.

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www.health-in-mind.org.uk



POSITIVE MENTAL HEALTH

Everyone is unique and the recovery journey for one person will be quite different for another. We work with people using our services to agree individual goals and support them to move forward.

A positive outlook

We are committed to improving the mental health and wellbeing of people living in Scotland. Through raising public awareness and understanding of mental health issues we aim to reduce stigma and discrimination.

Making a difference

People who use our services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.

“I’ve learned how to cope better with every day situations such as shopping and cleaning which I couldn’t face before. I am grateful to Health in Mind for helping me to get my life back on track.”

SARS Service User

Recovery focused

Everyone has the right to live a full and satisfying life. We can provide the tools, information and support to help people cope with life’s challenges and live the life that they want to live.

Real experience

Our professional and trusted support staff and committed volunteers understand the issues which people face and often draw upon their own personal experiences. Working in partnership, we deliver a unique mix of services and training to promote mental health and wellbeing.

How can we help?

We currently provide the following services. For further details please refer to individual leaflets.

Support, Accommodation & Respite Service (SARS)

Providing community based support, help to maintain or find a tenancy and respite breaks for carers.

Orchard Centre Services (Midlothian)

Creative, community based services to promote positive mental health & wellbeing – including day centre services; one to one and group support and activities; art therapy; support at home; early intervention and crisis response service; out of hours service, alcohol and drugs recovery project; volunteering.

Befriending

Supporting people to make connections, build friendships and rediscover who they are.

Equal Access

Information & signposting to mental health and wellbeing support services available for men and women from BME communities.

Information Services

Access to mental health and wellbeing information and resources – online, by phone and face to face.

Talking Therapies

Speak to a trained professional and together find ways of dealing with concerns and anxieties. This could be through **counselling** or **guided self-help**.

Community Connecting

One to one volunteer support for people over the age of 65 to help them find out what services, activities and groups are available in their local area.

Trauma Support

Practical and emotional support for people who have experienced trauma, including Childhood Sexual Abuse.

Training

Mental Health and Wellbeing training for individuals and organisations.

You can make a difference

People who use Health in Mind's services also help to shape them, ensuring that we continue to identify and meet need using creative and innovative approaches.



Our professional and trusted support staff and committed volunteers work in partnership to deliver a unique mix of services and training to promote mental health and wellbeing. Please contact us for current recruitment and volunteering opportunities.

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Get in touch with us

For further information on Health in Mind's services, volunteering and employment opportunities and our feedback/complaints procedure please contact us at:

Health in Mind
40 Shandwick Place, Edinburgh EH2 4RT
0131 225 8508
contactus@health-in-mind.org.uk
www.health-in-mind.org.uk

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Please note that our office in Shandwick Place does not have a lift and is situated on the first and second floors. If you have restricted mobility, please contact us for further information and assistance.

Access mental health and wellbeing information online:
www.edspace.org.uk (Edinburgh)
www.midspace.co.uk (Midlothian)
www.eastspace.org.uk (East Lothian)
www.westspace.org.uk (West Lothian)

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Health in Mind is a charity registered in Scotland, number SC004128, and a company limited by guarantee, registered in Scotland, number SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT.

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