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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
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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 along their chosen path.

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.

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“Very relaxed and pleasant atmosphere, I felt comfortable about being open about anything and everything.”

Dave, Orchard Centre service user

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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?

Support, Accommodation & Respite Service (SARS)

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

Trauma Services

A range of support and counselling services for people who have been affected by trauma, with specific experience in working with adult survivors of childhood sexual abuse

Orchard Centre Services (Midlothian)

Creative, community based services to promote positive mental health & wellbeing – including day and outreach services; art therapy; support at home; early intervention and crisis response service; alcohol and drugs recovery project; volunteering

Befriending

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

Men in Mind

A community development service for black and minority ethnic men

Information Services

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

Counselling

Providing a safe place to talk to a trained professional

Altogether Better

Supporting parents, carers & their families to develop skills and confidence

Guided Self Help

One-to-one support to access self-help materials

South Edinburgh Healthy Living Initiative (SEHLI)

A community health project for people living or working in South Edinburgh

Training

Mental Health and Wellbeing training for individuals and organisations

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“I’ve been helped a lot, it’s helped my mental health and wellbeing and social phobia. I’m much better around other people now and have more confidence in myself.”

Marie, Befriending service user

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Get in touch with us

Health in Mind

40 Shandwick Place
Edinburgh EH2 4RT

T 0131 225 8508

F 0131 220 0028

E contactus@health-in-mind.org.uk

For details of all our locations please visit our website

www.health-in-mind.org.uk

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

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Access mental health and wellbeing information online:

www.edspace.org.uk (Edinburgh)

www.midspace.co.uk (Midlothian)

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