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## Service User Involvement

Encouraging service users to get involved in the shaping of our services.

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[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)



**BE  
INVOLVED  
IN THE  
SERVICES  
YOU USE**

**“I speak to volunteers with the CLEAR project, they have helped me immensely in my recovery and I owe a lot to the peer support, so much that I am looking forward to becoming a volunteer myself.”**

**“I see it as another step on my route to recovery.”**

**“The more opinions you get about something, the more likely you are to get a better outcome.”**

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

At Health in Mind we offer a variety of methods and levels of involvement. You can choose the level of your participation and you can change this at any time.

Our services appreciate constructive feedback about how they can improve, develop and grow. If you would like to be involved and contribute to this, please get in touch with the Service Manager for more information; you can call us on **0131 225 8508** for their contact details.

## **Recruitment**

All services involve service users in the recruitment of new staff. You can be involved in many different ways, from interviewing candidates to helping to design the job role.

## **Volunteering**

With a variety of roles to choose from, many service users contribute through volunteering. This might be as a walk leader, gardener, a befriender, delivering workshops, administration work or in the Orchard Centre café.

## **Peer support**

If you are in recovery and feel that you can help support another service user by sharing your experiences and helping them along their recovery path, please contact us to find out about the opportunities available.

## 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 details on service user involvement at Health in Mind, please e-mail [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk) or call **0131 225 8508**.

For information on all of 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](mailto:contactus@health-in-mind.org.uk)**  
**[www.health-in-mind.org.uk](http://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](http://www.edspace.org.uk) (Edinburgh)  
[www.midspace.co.uk](http://www.midspace.co.uk) (Midlothian)  
[www.eastspace.org.uk](http://www.eastspace.org.uk) (East Lothian)

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