

Background Information

We have been promoting positive mental health and wellbeing in Scotland since 1982. Our hopeful and caring approach supports and empowers each person to live the life they want to live. We offer flexibility and choice through our range of services and support people to make changes and improve their quality of life.

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

Our values shape our work and respect, integrity, and compassion are at the core of what we do; we work with people in a person centred way, agreeing individual goals and supporting them to live the life they want to live. We have an inclusive approach and are keen to break down the barriers which prevent some people from accessing resources that could improve their mental health and wellbeing.

Midlothian services

We provide individual recovery focused mental health and wellbeing support in the community through an integrated delivery of one to one, group and peer support, including but not limited to: positive mental health and wellbeing interventions; substance misuse support; peer befriending/connecting; peer support and Art Psychotherapy.

Individual recovery focused journey. In this model, the journey through the service is shaped according to the individual, building on their strengths and assets. The model ensures people move through the service as their outcomes are met, reducing the risk of dependency. We ensure that personal and community assets form the basis of the support planning so that individual outcomes are sustainable.

Whole system approach. We adopt a whole system approach throughout our service delivery which includes psychosocial, social, therapeutic, arts-based, physical activity, green space, financial, and emotional support. Our approach ensures the person is at the centre of their support, through our connection and collaboration with others we allow appropriate support to be provided by the right person at the right time. We do this through:

- Good conversations with people to identify and work towards personal outcomes.
- Working in partnership with statutory, voluntary, and community organisations to enable people to access a range of links to mainstream activities.
- Offering a range of supports to ensure we continue to meet local need.

If you have read the job description and person specification and have any further informal enquiries, please contact John Murphy (Team Leader) on 07760753020 or by email on John.Murphy@health-in-mind.org.uk.

We are committed to always show the salary on our roles.

