

Scottish Borders Services

Supporting people living
in the Scottish Borders



With your mental health at heart



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- [healthinmindscotland](https://www.facebook.com/healthinmindscotland)
- [@Health_in_Mind](https://twitter.com/Health_in_Mind)

Health in Mind is a charity promoting positive mental health and wellbeing in the Scottish Borders

How we can help

About Health in Mind

We've 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.

Services

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 approach is inclusive and we are keen to break down the barriers which prevent people from accessing resources that could improve their mental health and wellbeing.

We offer a range of support in the Scottish Borders which are outlined in this leaflet.

Training

Our training courses develop knowledge, skills confidence and understanding about mental health and wellbeing. We offer a range of nationally recognised, certificated courses including Scotland's Mental Health First Aid and ASIST. We specialise in Trauma Training and offer training at three levels. We also offer in-house and bespoke training in the workplace.

Further information about our training courses can be found on our website or by contacting our training team.

Email: training@health-in-mind.org.uk

Call: 0131 225 8508

www.health-in-mind.org.uk

re:discover

Supporting people to make connections with people, activities and groups in their community.

Our connecting service, re:discover, is for anyone aged 16 and over who is feeling isolated and would like to improve their mental health and wellbeing.

The service offers support for up to six months (where appropriate this can be extended up to 12 months). People are supported by a trained volunteer who offers support to build confidence, meet new people and connect into local groups and activities.

How to access the service?

You can self-refer or be referred by someone else. The referral form can be downloaded from our website.

Contact information

Email: rediscover.borders@health-in-mind.org.uk **Call:** 01896 807000

Wellbeing College www.wellbeingcollege.org.uk

Learning opportunities for people aged 16 and over who live in the Borders and are interested in joining with others to learn more about their mental health and wellbeing.

How to access the service?

You can self-refer by contacting the Wellbeing College team.

Contact information

Email: wellbeing.college@health-in-mind.org.uk **Call:** 01896 807000

Website: wellbeingcollege.org.uk

Spring Social Prescribing

A community led and holistic approach to wellbeing.

People will be supported to identify what is important to them and how they can make positive changes in their life to achieve their goals through accessing local services, groups and activities.

How to access the service?

This service can only be accessed via GP referrals, please speak to your GP for further information.

Contact information

Email: rachel.studzinski@health-in-mind.org.uk **Call:** 01896 807000

Volunteering

Our volunteers are vital to the support we provide.

We could not support as many people without our volunteers alongside us and our connecting and peer support teams could not operate at all without them.

If you are interested in volunteering or getting involved with Health in Mind in other ways please visit our website or call us.

Get in touch

For further information on Health in Mind services, volunteering, employment opportunities, feedback/ complaints procedures, or how you can support our work please contact us at:

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

'I've had many years of experience with Health in Mind services and I've felt impressed by the service they provide.'

Health in Mind relies on donations and fundraising to provide support to people living in the Scottish Borders.

To show your support please visit our website or call 0131 225 8508 and ask to speak to Lynne Stanford.

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