

Who is a patient?

- Anyone over the age of 18 referred by their GP to our service
- Anyone suffering poor health
- Anyone requiring extra time to discuss their needs in a safe and confidential space
- Anyone who has social stressors that affect health and wellbeing including money worries, debt, unemployment, social isolation, bereavement support, alcohol and drug use and managing stress and anxiety
- Anyone looking to live a healthier lifestyle



Information Line: 0300 323 1545
Facebook & Twitter: @suppinmindscot
Website: www.supportinmindscotland.org.uk



Our Highland Community Link Worker service provides support to GP Practice patients who need to improve their health and well-being and who are experiencing poor health.

The challenges you might be experiencing

- Mental illness
- Social isolation
- Loneliness
- Poor housing
- Poor relationships
- Continued poor health
- Language barrier

Our support

Our one-to-one support is confidential and consists of up to eight, 1 hour-long sessions. This can be via:

- Face-to-face
- Using Near Me
- Video-conferencing
- Phone call

How we can help

- Professional, experienced staff with a good knowledge of local and national groups and activities who can signpost you to the appropriate service
- Support you to identify issues that affect your wellbeing
- Take a person centred approach and support you to identify your personal outcomes and priorities
- Ensure you face minimal barriers and we offer one-to-one appointments within your local GP Practice



Support in Mind Scotland is the operating name of National Schizophrenia Fellowship (Scotland), a company limited by guarantee, registered in Scotland SC088179. Charity Number SC 013649.

If you are interested and want to know more about our service, please contact our Highland Community Link Worker service via email.

Email: CLWHighlandAdmin@supportinmindscotland.org.uk