

Useful numbers

It maybe as a result of attending the well being workshop you decide maybe you do need to talk to someone about how you are feeling. The workshops were delivered by Lifelink, the West Primary Care Mental Health Team and COPE. This leaflet gives some more information about their services. We have also included other useful numbers. If you need more information or advice from us or other support agencies then visit our websites or contact us on the numbers below:

Add Action	0141 949 4884
Al Anon	0141 339 8884
Alcohol Anonymous	0141 226 2214
Alcohol Support Service	0141 944 8243
The Annexe	0141 357 6747
The Arndale Centre	0141 211 6184
Breathing Space	0800 83 85 87
Children's Rights Project	0141 944 0507
Childline Scotland	0800 44 1111
COPE	0141 944 5490
Gamblers Anonymous	0370 050 8881
Glasgow West Regeneration Agency	0141 949 4949
Hearing Voices Network	01382 223023
Lifelink	0141 552 4434
Momentum	0141 949 4885
NHS 24	08454 24 24 24
Overeaters Anonymous	0141 572 6700
Parenting Scotland	0808 800 2222
Princes Royal Trust Carers	0141 959 9871
Riverside	0141 211 1430
Saneline	08457 67 8000
The Samaritans	08457 90 90 90
Scottish families affected by drugs	0141 2210544

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Social Work: Anniesland	0141 276 2420
Drumchapel	0141 276 4300
Partick	0141 276 3100
Turning Point Scotland	0141 427 8200
Visibility	0141 332 4632
West Addiction Team	0141 944 3330
West Primary Care Mental Health Team	0141 232 9270
Women's Aid	0141 944 0201
Yorkhill Children's Bereavement Group	0141 201 9257

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What makes you tick?



And where to go if you need to talk

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in the west**
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West Glasgow Primary Care Mental Health Team

The Sandy Road Centre
12 Sandy Road,
Partick
Glasgow G11 6HE
Tel: 0141 232 9270

West Glasgow PCMHT is an NHS Service for people with common mental health difficulties such as anxiety, depression, and stress.

If you are seeking help with these difficulties, you can refer yourself to the Service by ringing the above number, or you can speak to your GP, who can refer you in to the service.

You will be offered an appointment with a member of the team for an initial assessment, either face-to-face or by phone, whichever you prefer. This will be to discuss the kinds of problems you are experiencing and how we might help you with them.

The kinds of help we offer include:

- Self help material, including booklets and CDs, or advice about books and websites you might find helpful
- Group programmes, such as an Anxiety Management Course, a Depression Management Course, and a CBT group
- One-to-one help, including guided self-help, person-centred counselling, cognitive behavioural therapy, and clinical psychology

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Lifelink

Website: www.lifelink.org

Lifelink Adult

Whiteinch Community Centre
1 Northinch Court G14 0UG

The Whiteinch service operates one day per week on a Friday from 9.30am to 4.30pm

From time to time most of us face difficult life circumstances which create stress, and we all know the effect that can have on our health and wellbeing. Lifelink offers a range of programmes and treatments to deal with stress, cope better with life's challenges and provide the space to help you unwind.

Services on offer:

One-to-one stress relief and stress management treatment programmes that may include massage therapy and relaxation.

Lifelink Youth

The Roving Emotional Resilience Team offer a range of programmes to young people living in the West who are moving on from care. We also work with young people attending Drumchapel High School. We help young people to explore emotions, stress, self awareness, coping skills, relationships and assist them in developing the emotional tools and capabilities to deal with life.

Services on offer:

One to one counselling, support and groupwork including breathing and relaxation exercises, expressive arts and games.

To make a referral to any of the Lifelink services above please telephone 0141 552 4434.

For more information please visit our website
www.lifelink.org.uk

COPE

20 Drumchapel Road
Drumchapel G15 6QE
Tel: 0141 944 5490
Website: www.cope-scotland.org.uk
Email: info@cope-scotland.org.uk

Monday	9am-5pm
Tuesday, Wednesday, Thursday (5pm-7pm by appointment only)	9am-7pm
Friday	9am-4pm

COPE offers bespoke confidential professional Needs led packages of support to individuals aged 16 and over experiencing mental or emotional distress. COPE seeks to offer an appointment within 7 days of a request. People can decide for themselves they wish to attend COPE as well as being referred by other agencies. Referrals are simple just phone or e-mail and ask for an appointment

Services offered include:

- One to one support using a variety of evidence Based techniques.
- Stress management and lifestyle advice
- Guided self help on a variety of mental/emotional Health issues including anger management
- Training advice and information, for more details Visit our website or drop us an e-mail

