

If you are thinking of hurting yourself?

Seeking help is not a sign of weakness; it may save your life. Talk to someone you can trust perhaps a friend, family member or someone who knows where to get help. If you feel that you have no one to turn to, please contact us:

Lifelink

Millburn Centre
221 Millburn Street
Glasgow, G21 2HL
t: 0141 548 1515

Opening Hours

Monday - Friday 9am-5pm
Except Wednesdays 2-9pm

Outwith these hours please contact:

Young People

Childline 24 hours

t: 0800 11 11

Young Minds

www.youngminds.org.uk

Adults

Breathing Space

t: 0800 83 85 87

Samaritans

t: 08457 90 90 90 (24 hours)

Community Mental Health Team

t: 0845 650 1730 (out of hours)

Remember, your problem will pass: suicide is forever.



No matter how young or how old we are, whether man, woman, boy or girl, we can all reach a point of despair in our lives. Lifelink can help.

We provide support and advice to people in crisis, who self harm and/or are at risk of suicide, in the north Glasgow area. We provide support when people need it.

For more information call
0141 548 1515 or
visit lifelink.org.uk

Support when you need it.

Self-harm and thoughts of suicide are more common than we think. Yet people often feel alone and unable to talk about these feelings to friends or family because of the stigma attached.

This isolation further increases the risk that people will seriously harm themselves. Lifelink Crisis offers accessible emotional, practical and therapeutic support as close as possible to the point of initial contact. It is a free, non judgemental service, provided in a warm and accepting environment.

We also provide support and skills base training to colleagues, organisations and the wider community to help equip them to deal more effectively with people who self harm and/or are feeling suicidal. This is to increase the network of support available to those in crisis and to help tackle the stigma and myths surrounding these issues.

Access and Services

- Drop-in clinics
- One-to-one crisis advice and immediate support
- Telephone support as required within opening hours
- Onward referral for counselling and massage
- A Community Outreach service for adults
- Issue focussed and activity-based group work for men and women
- Advice on harm reduction and first aid level self injury wound care
- School-based group work, as part of our early intervention work with young people
- Support, training and awareness-raising e.g. SafeTalk, SuicideTalk, ASIST (Applied Suicide Intervention Training)
- Advice and support for parents and carers

Standards of Practice

We have comprehensive standards of practice and policies to ensure that you receive a quality service, and are fully aware of your rights as a service user.

We ensure that all employees/practitioners employed by the organisation are professionally trained, fully qualified in their field and insured to practice and adhere to ethical standards appropriate to their therapeutic practice.

We ensure that all counsellors are BACP/COSCA accredited or if recently qualified are working towards accreditation once they have accumulated the required level of supervised practice and that they will adhere to the NHS GG&C standards and ethics of the above professional bodies.

Copies of the full Standards of Practice are displayed in the centre, and are available at reception and at **www.lifelink.org.uk/standardspractice**



INVESTOR IN PEOPLE