

Groups that support people with Mental Health issues

Lanarkshire Links is an organisation for mental health service users and carers in Lanarkshire. We support one another to be INVOLVED in the planning, development, monitoring and evaluation of mental health services. If you are a past or present mental health service user or are a carer of someone who has or is using services, you can join Lanarkshire Links. Based at Dalziel Building Rooms 3.5-3.6 Dalziel Business Centre, 7 Scott Street Motherwell, ML1 1PN. Telephone: 01698 265 232, Fax: 01698 265 254 or see <http://www.lanarkshirelinks.org.uk/index.html>

Counselling and Benefits in Action (CABIA) One-to-one counselling relating to any mental health issues including bereavement, sexual health, drugs, abuse, sexual orientation, debt, and advice and help regarding welfare benefits. Based at 85-91 Park Street Airdrie ML6 0JP, Telephone 01236 602 750, Fax 01236 602 750 Email: cabiateam@hotmail.co.uk Contact Name: Angela Easton, Counsellor Opening Hours: Mon, Tues & Thu (9am - 2pm). Services Provided: One-to-one counselling relating to any mental health issues including bereavement, sexual health, drugs, abuse, sexual orientation, debt, and advice and help regarding welfare benefits

Clubnet encourages members to take control of their own lives. The service offers opportunities to meet new people and be part of their community. Clubnet members are encouraged and assisted to access opportunities through existing resources. The aims of Clubnet are: recovery, peer support, social opportunities, education and training, personal goals, employment, fun and recreation, and community involvement. This assists confidence building, increases self-esteem and promotes positive well-being. Based at Clubnet Unit 4 Suite B Flemington Court Flemington Industrial Park Motherwell ML1 2NT Telephone 01698 265 659. Contact Eileen Quinn, Service Manager. Opening Hours Mon-Fri (9am-5pm). Services provided; The service offers opportunities to meet new people and be part of their community. Members are encouraged and assisted to access opportunities through existing resources. The aims of Clubnet are: recovery, peer support, social opportunities, education and training, personal goals, employment, fun and recreation, and community involvement. This assists confidence building, increases self-esteem and promotes positive well-being.

Equals Advocacy Partnership: Mental Health/Dementia:

Independent professional advocacy for people with mental health and dementia issues in North Lanarkshire. The service is delivered to individuals in the community and patients in acute and long stay wards including those on the discharge and re-provision programme. Based at Unit 17 Enterprise House Dalziel Street Motherwell ML1 1PJ, telephone 01698 327772/4, contact Brenda Vincent, Service Manager. Open Mon - Fri (9am - 5pm).

L.A.M.H. Home, individual and day activity support, focusing on adults with severe and/or enduring mental health problems; negotiated agreed action plans are completed with service users which are subject to routine review; assisting individuals to develop and/or maintain daily living skills and encourage interaction within local communities, which can involve social, recreational, emotional and educational assistance. Based at : 92 Hallcraig Street Airdrie ML6 6AW, telephone 01236 765 445, contact Dawn Raja, Team Leader. Open Mon - Fri 9am - 5pm and 24-Hour answering machine: 10-14 King Street Wishaw Business Centre King Street Wishaw ML2 8BT, telephone 01698 351 615, contact Una Carswell Team Leader. Open Mon - Fri (9am - 5pm) and 24-Hour answering machine

Further information on these and other support groups can be found at www.elament.org.uk