

Our mission

At Health in Mind our mission is to promote tolerance and greater understanding of mental health issues and we do this by:

- Offering a range of mental health and wellbeing services
- Raising awareness of mental health and wellbeing issues
- Innovating, developing and promoting new approaches to mental health improvement.

Our vision

At Health in Mind our vision is of supportive communities where all people:

- Are resilient
- Experience positive mental health and wellbeing
- Realise their potential
- Participate equally.

Our values

At Health in Mind, we treat people with respect, integrity and compassion at all times. We work with people in a person-centred way; agreeing individual goals with them and providing the support they need to live the life they want to live.

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

At Health in Mind, we are passionate about realising the potential of the people using our services; our staff and our volunteers.

Health in Mind has around 120 members of staff and around 150 volunteers at any one time and are proud to hold the Investing in Volunteers Award and the Investors in People accreditation.

Overview of Health in Mind services

Counselling services

Counselling provides you with a safe place to talk and during difficult times, talking through thoughts and feelings can help to explore what can be done to turn things around. Counselling is a form of talking therapy and can help people to take greater control of their lives and to improve their confidence.

- **Trauma Counselling Line Scotland**
Free telephone counselling for adult survivors of childhood abuse.
- **Childhood Sexual Abuse (CSA) Counselling**
A safe place to talk for adult survivors of childhood sexual abuse.
- **Craigmillar Counselling**
Counselling and support for adults living in Craigmillar, Edinburgh.

Befriending and linking services

- **re:discover Befriending**
One to one volunteer support for adults to make connections, build friendships and rediscover previous interest and hobbies.
- **Equal Access**
Provides support and information for men and women from minority ethnic communities.

Guided self help

Guided Self Help is a Cognitive Behavioural Therapy (CBT) based approach to supporting people with mild to moderate anxiety, depression or stress.

Trauma support services

Practical and emotional for survivors of childhood sexual abuse

Midlothian Wellbeing Access Point

The Midlothian Wellbeing Access Point is all about improving quality of life and promoting positive mental health for adults who are experiencing low mood, stress or anxiety. The service can provide quick access to brief support, access other community services and arrange for other 'talking therapies' where needed.

Gateway to Wellbeing provides a similar service within South West Edinburgh

Orchard Centre Services

Orchard Centre Services provide creative, community-based services to promote positive mental health and wellbeing throughout Midlothian. These include a range of one to one supports, outreach service, comprehensive group work and an out of hours crisis service. The services are a non-medical resource which people can self-refer to and the base in Bonnyrigg has an informal and welcoming atmosphere.

Learning and development

We are committed to providing quality, experiential, values-based learning and development opportunities for our staff and volunteers. We also offer training on a commercial basis.

Oasis

Provides one to one and group support for women living in South East Edinburgh.

MAPS

My Assets and Personal Strengths is a 12 week supported self management and peer support group based around WRAP

Development Project

We have development projects based in South West, South East and North West Edinburgh focussing on new ways of working with people in order to support their mental health and wellbeing.

Peer Collaborative

Health in Mind co-ordinates the Edinburgh Peer Collaborative which supports the development and growth of peer work within Edinburgh.

Anxiety and Depression Peer Support and Self Management Groups

Through recruiting, training and supporting peer facilitators, we deliver peer support groups for people living in Edinburgh and the Lothians who are experiencing anxiety and depression.

We also facilitate supported self management groups, called Moving Forward, within West Lothian.

Support for older people

- **Community Navigators**
Support for people aged 65 or over to find out what is on in their local area and how to access the support they need in the way they want.
- **Hospital Discharge Support Project**
Health in Mind is working in partnership with EVOC, Libertus and the Eric Liddell Centre and statutory services to improve support available to older people leaving hospital. Health in Mind will deliver the service in North West Edinburgh and also from the Western General and Royal Infirmary Hospitals.

Online mental health and wellbeing information

The 'space' websites provide area-specific online mental health and wellbeing information which can be helpful to individuals, carers, families and friends of people experiencing mental health difficulties; employees of service providers across the statutory, voluntary and private sectors or anyone with an interest in mental health and wellbeing.

Edinburgh: www.edspace.org.uk

East Lothian: www.eastspace.org.uk

Midlothian: www.midspace.co.uk

West Lothian: www.westspace.org.uk

Fundraising

If you would like to raise money for Health in Mind, we can put the 'fun' into your fundraising efforts!

Health in mind website

Health in Mind's new website provides more information about the organisation, services, training and job opportunities.

Check out www.health-in-mind.org.uk