

Outcomes you can expect from GAMH

- Reduction in social isolation through being more connected to family, friends and communities.
- Having new experiences, learning new things, involvement in meaningful activities and/or work
- Improvement in physical health and wellbeing
- Improvement in mental health and wellbeing
- Increased confidence and resilience
- Being more in control of my life



Contact

Any Enquiries should be made to:

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This leaflet can be made available in alternative formats, including Braille, and other languages on request.



GAMH (Glasgow Association for Mental Health) is a company limited by guarantee registered in Scotland No. 162089
GAMH is a charity registered in Scotland No. SC011684

Service Centres



“GAMH is a highly valued and important organisation for the people who it supports. This is achieved in a way that demonstrates respect for service users and recognises their potential to live the lives they want to live”

Care Inspectorate Report 2015



What can GAMH offer?

GAMH's Service Centres offer a range of person centred locally networked social care services to people experiencing, or recovering from, mental ill health.

GAMH Service Centres promote recovery through a combination of one-to-one support, group work, befriending or volunteering/employability/peer support opportunities.

GAMH Practice Approach

1-1 support

Building a sense of home
(safety & belonging)
Improve life & self-care skills

Attend GAMH Groups

Increase positive interactions
Improve resilience & self-reliance
Develop personal networks

Access Wider Community Resources

Established sense of purpose & direction
Engaged & contributing to community
Living without planned support

What people said!

"I feel positive regarding the future and can acknowledge the achievements which I have made in recent months, which I plan to continue in the future."

"I feel more able to look after myself and will rely less on family support due to a renewed sense of purpose and motivation"

"I am feeling that my self-esteem is gradually improving via accessing practical courses and being made aware of my abilities"

How to access the service

The support is time limited to 6 months. It is available to adults aged 16 and over who have mild to severe mental health difficulties who are not linked to community mental health teams (CMHT) or eligible for self directed support budgets.

Referrals

Referrals for all our services can be made via the following routes:

Primary Care Mental Health Teams (PCMHT)
GPs
Social Care Direct
Housing Providers
Community Addiction Teams
Homelessness