

Other places to find help

Every library in the City of Glasgow has a range of self-help books, leaflets or DVD's and videos that can help you with your problems.

Just ask for the Healthy Reading Scheme or pick up a leaflet from your GP.

If you have access to the Internet, the following websites have good information.

www.livinglifetothefull.com

www.glasgowsteps.com

www.stepsforstress.org

The phone numbers listed below can be used to get other support and information that might be helpful.

Glasgow NHS Advice Line

0800 22 44 88

NHS 24

08454 24 24 24

Breathing Space

0800 838587

Samaritans (24 hours)

(0141) 248 4488

Depression Alliance Scotland

0845 123 23 20

Social Work Out of Hours

(0141) 276 3100 or 0800 811

505

Community Addictions Team

(0141) 276 4330

Comments and Suggestions

The team would welcome any comments or suggestions you have to make. The team member who is seeing you will be happy to discuss these with you

How to access our service

You can contact us at the address or telephone number below to arrange an appointment.

West Glasgow Primary Care

Mental Health Team

The Sandy Road Centre

12 Sandy Road

Glasgow

G11 6HE

Telephone: (0141) 232 9270

West Glasgow Primary Care Mental Health Team

Self Referral Information Leaflet

How you can access our service.

West Glasgow Primary Care Mental Health Team

The Team supports people, aged 16 and over, who have or are at risk of developing common health problems, such as anxiety, stress and depression.

What do we offer?

We can offer you the following range of help depending on what your need.

Self-help Materials

We provide a variety of self help materials that you can get by either calling in to The Sandy Road Centre or by telephoning us.

Guided Self-Help

This is for people who are able to use a range of self help materials but who need more support to put this into practice. The person you meet at your first appointment will discuss this in more detail.

Depression and Anxiety Management Courses

These courses are run over a set number of weeks. The courses are held in different local venues. They will help you to recognise and manage both depression and anxiety.

Cognitive Behavioural Therapy (CBT) Group

This course runs for a set number of weeks. This course will give you a deeper understanding of ways to manage depression and anxiety better.

One-to-One help

You may be offered one to one help. At your first appointment we will discuss, with you, the different types of one-to-one treatment available. You will usually see someone for a maximum of six to eight appointments.

To make an appointment

Telephone (0141) 232 9270.

You will speak with a receptionist to arrange an appointment. At your appointment you can discuss your problems with a member of the team. You will decide together which kind of help is best for you.

OR

When you phone you can ask for a member of the team to call you back at a time that is suitable for you. You can then discuss your difficulties over the phone. You can then make an appointment if you need to.