

## WISHING TO USE OUR SERVICE?

Experience Counts is available to anyone living in North Lanarkshire and can be accessed by speaking to your GP or a mental health professional that you are in contact with regularly. Alternatively you can speak to someone at the service directly by calling the number on the back of this leaflet.



## WHERE WE ARE

For more information please contact:

**Experience Counts,**  
62 Windmillhill Street,  
Motherwell, ML1 1TA

T: 01698 265659 (Experience Counts)

T: 0800 0730918 (Well Informed)



[www.samh.org.uk](http://www.samh.org.uk)

SAMH is the Scottish Association for Mental Health.  
Scottish Charity No. SC008897.  
Registered office: Brunswick House, 51 Wilson Street, Glasgow, G1 1UZ.



**EXPERIENCE  
COUNTS  
AND WELL  
INFORMED**



# EXPERIENCE COUNTS AND WELL INFORMED



At our service based in North Lanarkshire we offer a range of services to people experiencing or recovering from a mental health problem.

This service could benefit you if you are over 16, living in North Lanarkshire, experiencing or recovering from a mental health problem and are facing challenges or struggling to achieve personal outcomes.

## Peer support work

Our peer support workers, each with their own experience of mental health problems, support others towards recovery. Peer Support provides individuals with tools on how to manage their mental health using 'My Recovery Action Plan' (MyRAP). Peer support is delivered over six months, and covers the following areas:

- Managing mental health
- Outcome focussed
- One to one sessions
- Facilitated Myrap Groups

## Community Link Work

Our Community Link Workers support individuals for a short period of time to connect them with the community and promote self-management and motivation. This involves:

- Connecting with education
- Connecting with leisure facilities
- Delivering Tools for Living™
- Delivering peer support
- Delivering Mental Health Awareness sessions to local schools

## Veterans

We work in partnership with Veterans First Point Lanarkshire (VIP) to provide peer support to veterans. The team of veterans peer support workers provide:

- Information and signposting
- Understanding and listening
- Support and social networking
- Health and wellbeing

## GP Link Work

Link workers are based in GP practice's in six North Lanarkshire areas.

They provide a person-centred response to the mental health needs of GP practice patients and support them to identify issues that affect their ability to live well.

This involves:

- Working collaboratively with the patients to identify issues and barriers
- Identify community resources which benefit patients
- Develop links within the community to create opportunities for GP patients

## Well Informed

Well Informed is an information service, promoting mental health and wellbeing in North Lanarkshire. We provide:

- Information and signposting
- Distribute free leaflets, booklets and self-management guides
- Deliver regular information stalls across North Lanarkshire

Well Informed welcomes volunteers. If you would contact Well Informed email: [wellinformed@samh.org.uk](mailto:wellinformed@samh.org.uk) or call the number on the back of this leaflet.