

Welcome

Our service operates across West Lothian. We provide support to people whose mental health/addiction issues impact on their lives.

Aims of The Service

To support people to remain living independently and safely in their own homes through the provision of housing related support.

To develop the capacity of people to maintain their recovery and their ability to live as independently as possible.

What to expect

- Fast access to support following receipt of referral from your Social Worker or other mental health professional.
- A named key worker who will work with you to develop an initial action plan that focuses on your immediate needs. This plan will be updated regularly to reflect your changing support.
- A planned exit from the service. This service is voluntary and available for as long as you need it. You can end this service whenever you wish; however we would encourage you to discuss this with your care team as part of your review.

Support Available

Support is available on a 1:1 basis and focuses on your identified goals. This support builds on your existing strengths, increasing your confidence, social connections and natural supports. Your key worker will help you to develop a plan that focuses on your recovery and sets personal goals that work towards you becoming more independent.

Examples include:-

- Improving your skills in managing your home
- Support that helps you to deal with finance and budgeting
- Developing a more structured and rewarding daily routine
- Information and access to community activities/supports such as welfare benefits, debt advice, housing, leisure, volunteering etc.
- Information and access to a range of self-management tools such as My Rap to enable you to develop improved coping mechanisms.

Lanarkshire Association
For Mental Health



About Us

LAMH is contracted to, funded and monitored by West Lothian Council.

LAMH is also registered with the Care Inspectorate and are annually inspected to ensure our services meet legislative and quality requirements.

LAMH staff are paid and trained to deliver a high standard of care and the organisation is committed to the continuing development of our staff borne out by our achievement in retaining the Investors in People award.

We recognise that inequality and discrimination pose significant barriers to recovery; therefore we work inclusively to ensure that people with mental health problems are valued and involved. We also strive to challenge public attitudes and behaviours to eliminate the stigma and discrimination associated with mental ill health.

Have a look on our website:

www.lamh.org.uk

Contact Us:

01506 411569

Manager: Ruth Kelly

This leaflet can be made available in other formats and languages at your request.



INVESTOR IN PEOPLE

LAMH is a Company Limited by Guarantee, Registered in Scotland No. SC121139
LAMH is recognised as a Charity by OSCR and the Inland Revenue SC010404
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Healthy Working Lives

Lanarkshire Association
For Mental Health



**WESTLOTHIAN
SUPPORT
SERVICE**

Mission Statement

"We are committed to working in partnership to deliver quality mental health services and resources that promote independence and inclusion and challenge stigma."