



# **Mental Health Forum**

**(formerly West Lothian Third Sector  
Mental Health Support Providers  
Collaborative Group)**

# The Journey

- **“Peer support” from Social Enterprise Academy**
- **June 2020 - 9 Social Enterprises**
- **Key Driver – support is available to all who need it**
- **Today - 25 social enterprises & voluntary organisations**

## **What we've done – Engagement**

- **Greg Stark, NHS, Senior Development Mgr - Mental Health**
- **Wendy Carmichael – Community Wellbeing Hubs**
- **Dr Jane Christie – NHS/ WLHSCP/ GP Liaison**
- **Claire Beswick - Specialist Occupational Therapist**

## **What we've done**

- **Web - [www.wlsen.org.uk/mentalhealthforum](http://www.wlsen.org.uk/mentalhealthforum)**
- **Mapping – to share with professionals**
- **Leaflet – to distribute within community**

# Mental Health & Wellbeing Support

These are many community-based organisations across West Lothian able to provide support whether that be counselling, support sessions, therapeutic activities or learning.

More information here:  
[www.wlsen.org.uk/mentalhealthforum](http://www.wlsen.org.uk/mentalhealthforum)

or scan the QR code



One to One Counselling & Young People aged 11 to 24



Support & Counselling for disabled adults and unpaid carers including young carers



One to One Counselling for Adults living in West Lothian



Person Centred Counselling for adults living or working in the Polbeth area



Support for people bereaved by suicide

MENTAL HEALTH FORUM SUPPORTED BY



An outdoor woodland programme to support mental health



The Sounding Board provides unlimited support for anyone living in West Lothian



Supporting families with regular struggles



Group Activities & Support for Mental Health



Support aimed at reducing the harm caused by drugs, alcohol & tobacco



Support services and learning & development

**FIREFLYARTS**  
Enriching young lives...

Drama, music and digital project for young people



Support and advice to young people aged 10 to 21



Helping people affected by addiction through recovery



Support to clients over 60 with low moods



Support for young people with additional needs



Therapeutic Services



Therapeutic activities in a garden centre for people with chronic mental health conditions

## **The Future**

- **£100k – tender due - Third Sector Coordinator**
- **£389K – collaboration re CYP Mental Health**
- **Attract additional resource for members**