

Positive pathways for mental health and wellbeing



CONTENTS

3 Introduction

4 Chairperson's Comments

5-11 What Is Positive Mental Health?

12-15 Self-Help

16-33 Support Services

34-39 Crisis Intervention

INTRODUCTION

In 2019, Hamilton Health & Social Care Forum (HHSCF) recognised the need for a resource to help individuals, carers and organisations navigate mental health services.

The booklet originally launched in May 2021, aims to provide early access to essential support to prevent mental health decline and avoid crisis intervention. Since its launch, the booklet has helped individuals access the right services to support their mental health and wellbeing by identifying key pathways within the Hamilton locality.

Recognising the ongoing priority of mental health in June 2025, HHSCF and its partners have updated the booklet, the revised edition retains its original format and includes new resources and services.

HHSCF recognise the unique circumstances that affect everyone's health and wellbeing. Connecting people with local organisations, HHSCF are committed to strengthening communities, promoting individual organisations, involving individuals, and empowering everyone to have a voice in health and social care services.

All local organisations featured in the booklet have consented and provided their information.

CHAIRPERSON'S COMMENTS

Since the COVID-19 global pandemic there has been a significant impact on people's mental health and wellbeing (particularly for our younger population) with a rise in anxiety, depression, and social isolation. This strengthens the importance of addressing mental health issues at an early stage and ensuring adequate support and resources are available for those in greater need.



David Downie

"We are pleased to have co-produced the second edition of this booklet. The commitment of participating organisations has been inspiring, and strengthens partnership relationships across the community, including the voluntary, statutory and private sectors.

We are excited to introduce the second edition of the "Positive pathways for mental health and wellbeing" booklet which we believe will continue to be a valuable resource in mental health and wellbeing support throughout the Hamilton locality".

David Downie, HHSCF Chairperson

WHAT IS POSITIVE MENTAL HEALTH?

If anyone has ever googled "definition of Mental Health" then they will know the multitude of options returned. HHSCF found themselves identifying closely with information which can be found on MIND (www.mind.org.uk).

"In many ways, mental health is just like physical health – everybody has it and we need to take care of it".

Good mental health is about your behaviour - what you do. Good mental health is when:

- You care about yourself and you care for yourself. You love yourself, not hate yourself. You look after your physical health – eat well, sleep well, exercise and enjoy yourself.
- You see yourself as being a valuable person in your own right. You don't have to earn the right to exist. You exist, so you have the right to exist.
- You judge yourself on reasonable standards. You don't set yourself impossible goals, such as 'I have to be perfect in everything I do', and then punish yourself when you don't reach those goals.

The need for self-care, both emotional and physical, is vital for our overall health and happiness.

SIGNS OF DECLINING/POOR MENTAL HEALTH

It is estimated that one in four people will be affected by mental health problems in Scotland in any one year.

These problems will range in severity and complexity, some will last for a significant period, some may be temporary, equally people will be diagnosed but many will be undiagnosed.

Whilst no one can anticipate what triggers or causes mental health problems for each individual person, common early signs of poor mental health can be:

- **Physical changes** – such as changes in appetite and sleeping habits, tiredness and low energy levels making it difficult to engage in daily activities, less care for appearance, struggling with self care.
- **Emotional changes** – such as finding it difficult to control your emotions, feeling overwhelmed, tearful, being irritable and having a short temper, difficulty in concentrating, being easily distracted.
- **Behavioural changes** – such as becoming socially withdrawn and distancing from others, talking more or talking very fast, jumping between topics and ideas, feeling less interested in social activities, increased risk-taking behaviours (alcohol consumption, drug taking, gambling etc.).

However, noticing some of these signs doesn't mean that you should make an assumption that a mental health problem exists. It may be a starting point to asking yourself or others about how they are coping and a reference point for using and approaching some of the services or resources contained within this Pathway.

SUPPORTING CHILDREN AND YOUNG PEOPLE

By being attentive to a child or young person's mood and behaviour, you may see patterns that suggest they need support with their mental health¹, such as:

- Sudden mood and behaviour changes.
- Self-harming.
- Unexplained physical changes, such as weight loss or gain.
- Sudden poor academic behaviour or performance.
- Sleeping problems.
- Changes in social habits, such as withdrawal or avoidance of friends and family.

While these signs may suggest a child is struggling with their mental health, there could be a number of other explanations for these behaviours, which is why it is important that we don't attempt to diagnose mental health issues ourselves. Recognising that a child or young person may be struggling with their mental health is the first step in helping them. The next step is, when in an appropriate environment, ask them about their mental health and be a listening ear for them.

¹ <https://learning.nspcc.org.uk/child-health-development/child-mental-health>

TAKING ACTION

Evidence suggests there are five steps we can all take to improve our mental health. If you give them a try, you may feel happier, more positive, and able to get the most from life.

CONNECT

Connect with people around you, your family, friends, colleagues, and neighbours. Spend time developing these relationships – make that phone call, write that e-mail, text or letter, go for that coffee or chat during a walk or through a video call. Put 5 minutes aside to find out how someone is doing.

BE MINDFUL

Being more mindful means paying attention to the present moment, appreciating what is happening and enjoying the simple things in life. It can include your thoughts and feelings, your body, and the world around you. Some people call this awareness “mindfulness”. It can positively change the way you feel about life and how you approach challenges.

BE ACTIVE

You don't always have to go to the gym or take part in a formal setting. Have some time outdoors, do some gardening and connect with nature. If you can, take a walk, do some stretches or dance to your favourite song. Whatever the activity, find something that you enjoy and make it part of your life.

GIVE TO OTHERS

Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering can improve your mental wellbeing and help you to build new social networks.

KEEP LEARNING

Learning new skills can give you a sense of achievement and new confidence – so why not sign up to a course (online or locally), read a book about a topic that interests you, start learning to play a musical instrument, take a dance class or even make time to figure out how to fix your old bike.

More information on these steps can be found on NHS UK website www.nhs.uk/mental-health/self-help

USING THIS DOCUMENT

The document has been split into three sections:

- **Self-Help (Green)** – for individuals experiencing a slight decline in their mental health. This section offers resources for individuals to access support at their own pace, providing information and opportunities to improve their wellbeing.
- **Support Services (Amber)** – for individuals experiencing worry or anxiety related to specific problems affecting their mental health and daily functioning. This section offers resources to help identify solutions and access appropriate support.
- **Crisis Intervention (Red)** – for individuals experiencing significant mental health issues. This section suggests speaking to a GP or contacting emergency support services if urgent help is needed.

For further information on the Pathway please contact HHSCF by emailing Community Links: administrator@communitylinkssl.co.uk



Self-help

A collection on self-help resources across a number of themes where people can find information and access appropriate support.

Mental Health

A collection of online mental health websites covering a large range of topics and providing fantastic resources in a number of specific areas.

Wellbeing Matters Lanarkshire	www.wellbeingmatterslanarkshire.co.uk
Lanarkshire Mind Matters	www.lanarkshiremindmatters.scot.nhs.uk
NHS Lanarkshire Mental Wellbeing	www.nhslanarkshire.scot.nhs.uk/services/mental-wellbeing
SAMH	www.samh.org.uk
Living Life to the Full	www.llttf.com
Headspace	www.headspace.com
Young Minds	www.youngminds.org.uk
Brothers in Arms	www.brothersinarmsscotland.co.uk
Mental Health Foundation	www.mentalhealth.org.uk
Scottish Recovery Network	www.scottishrecovery.net
United to Prevent Suicide	www.unitedtopreventsuicide.org.uk
MIND	www.mind.org.uk

General Health & Wellbeing

Links to a collection of websites with general health and wellbeing advice.

NHS Inform	www.nhsinform.scot
NHS Inform (Healthy Living)	www.nhsinform.scot/healthy-living
NHS Lanarkshire Health and Wellbeing	www.nhs.uk/your-health/health-and-wellbeing
Parent line Scotland	www.children1st.org.uk/help-for-families/parentline-scotland
Young Scot	www.young.scot
Action for Happiness	www.actionforhappiness.org
SilverCloud	www.lanarkshiremindmatters.scot.nhs.uk/silvercloud-online-therapy/
SilverCloud for helping children and teens	www.lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/silvercloud-helping-children-and-teens/
Kooth	www.kooth.com

Volunteering

Find out more about the benefits of volunteering and where opportunities exist near you.

Volunteer Scotland	www.volunteerscotland.net
VASLan	www.vaslan.org.uk/volunteering

Get Active/Learn

Information on activities and opportunities that are available in and around South Lanarkshire that will encourage you to get active, try new things, and maybe learn something different.

Get Walking Lanarkshire	www.facebook.com/getwalkinglanarkshire
SLC Countryside & Greenspace Rangers	www.facebook.com/CountrysideRangers
What's On Lanarkshire	www.whatsonlanarkshire.co.uk
South Lanarkshire Leisure & Culture	www.slleisureandculture.co.uk

Drug & Alcohol

Find out more about alcohol and drugs including where to get support for individuals and families.

Ask Frank	www.talktofrank.com
Know the Score	www.knowthescore.info
Scottish Families affected by Alcohol & Drugs	www.sfad.org.uk

Apps

A range of health and wellbeing apps are available to download (not endorsed by the NHS) on Google play store or Apple App Store.

Daylight	Suicide Prevention Lanarkshire	Stay Alive
Sleepio	Steps for Stress	

Support Services

Organisations contained within this section in many cases span a number of categories/themes. Where possible their main focus of activity has been identified.

These organisations mainly operate within office hours (Monday-Friday) and where possible contact should be attempted during these times.

Whilst intensive research was conducted when compiling this resource, there are a number of local organisations and small groups that have not been listed, from which you may also be able to access local support.

- | | |
|--|-----------------------------------|
| 1 General Health and Mental Wellbeing | 4 Family and Children |
| 2 Addictions and Recovery | 5 Loss/Grief/Trauma |
| 3 Finance and Housing | 6 Employment and Education |
| | 7 Young People |

Community Links (South Lanarkshire)	1					
COVEY			4			
Cruse Scotland	1				5	
Equal Say Advocacy	1	2				
GIVIT some STREET	1	2		4		7
GoTo (Mental Health Service for Young People)	1					7
Hamilton Citizens Advice Bureau (CAB)				3		
Hamilton Information Project for Youth						7
Lanarkshire Association for Mental Health	1					
Lanarkshire Carers	1			4		7
Lanarkshire Links	1					
Lanarkshire Rape Crisis Centre					5	
Larkhall & District Volunteer Group	1					
Liber8 Lanarkshire Ltd	1	2				
National Autistic Society South Lanarkshire Branch				4		7
REACH Lanarkshire Autism	1			4		7
Regen:FX Youth Trust	1	2		4		7
Routes to Work South						6
SLC - Hamilton Division Housing				3		
SLC - Money Matters Advice Service				3		
SLC - Joint Problem Solving Unit				3		
SLC - Works						6
St Andrews Hospice				4	5	7
Terminal One Youth Centre	1			4		6 7
The Beacons		2				
The GIVIT Youth Recovery Service - REFEN:FX	1	2				7
The Haven (Caring Counselling Communication Centre)				4	5	
The Manda Centre					5	
Trust Jack Foundation	1					7
Turning Point Scotland		2				
Voluntary Action South Lanarkshire (VASLan)						6
Youth Family and Community Learning Service (YFCLS)	1			4		6

Community Links (South Lanarkshire)

01698 827583

Supports outreach activities in Hillhouse, Burnbank and Larkhall providing a place to meet, free cafe and activities to boost health and wellbeing.

administrator@communitylinkssl.co.uk

www.communitylinkssl.co.uk

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COVEY

01698 894013

Provides one to one and group support to children, young people and parents/carers in Lanarkshire.

office@coveybefriending.org.uk

www.covey.org.uk

www.facebook.com/coveybefriending/

www.uk.linkedin.com/company/covey-befriending

4

Cruse Scotland

0808 802 6161

Provides professional support for bereaved adults, children and families across Scotland. Train and educate individuals and organisations to help bereaved people. Support ranges from listening service through helpline to one to one counselling sessions. It does not matter how the person died or how much time has passed since the bereavement, they are here to help.

support@crusescotland.org.uk

www.crusescotland.org.uk

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Equal Say

01698 376777

Provide 1:1 advocacy for adults (16+ including 65+) with disabilities, mental ill health or addictions. Prioritise people who are detained under the Mental Health Act and visit people in hospital or in their homes. Prioritise people who are subject to Guardianship or affected by Adult Support and Protection Act.

south.referrals@equalsay.org

north.referrals@equalsay.org

www.equalsay.org

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2

GIVIT some STREET

01698 709050

An early intervention service targeted to young people aged 11 - 20yrs who are taking risks around alcohol and substances; and or, young people affected by a loved one's substance use. Family & Practitioners can make referrals or the young person can self refer. We use youth work, diversion & distraction i.e. performance arts and many other types of group work.

info@thegivit.org

www.thegivit.org

find us on Facebook, X, Instagram and TikTok

1 2 4 7

GoTo (Mental Health Service for Young People)

01698 552114

01698 533035

A dedicated mental health service specifically for 14 - 21yr olds throughout South Lanarkshire. We use a blend of Youth Work Interventions with rapid access to CBT Counsellors for young people with mild to moderate mental health issues. Participants receive 1 to 1 support, group work and or therapeutic interventions.

info@goto.org.uk

www.goto.org.uk

find us on Facebook and X

1 7

Hamilton Citizens Advice Bureau (CAB)

01698 283477

A free, confidential and impartial advice service offering general and specialist advice across a broad range of issues including welfare benefits, debt, housing, immigration, employment, energy and health & social care. No problem is too big or too small.

advice@hamiltoncab.casonline.org.uk

www.hamiltoncab.org.uk

3

Hamilton Information Project for Youth (HIPY)

07783427313

Provides information and support to young people to enable them to make informed choices about issues affecting their lives.

info@hipy.org

www.facebook.com/hamiltoninformationprojectforyouth

7

Lanarkshire Association for Mental Health (LAMH)

0330 3000 133

Provides information and self-help resources to support mental health and wellbeing.

info@lamh.org.uk

www.lamh.org.uk

www.facebook.com/teamlamh

www.instagram.com/teamlamh

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Lanarkshire Carers

01698 428090
01236 755550

Accessing support early is key to making sure carers can manage their caring role. Provide information, advice and a range of direct support services which can help maintain or improve your quality of life and help you to continue to care. Services are open to all carers aged 18 years and older living in Lanarkshire. Commissioned by University Health and Social Care North Lanarkshire and South Lanarkshire University Health and Social Care Partnership to provide Adult Carer Support Services to carers living in Lanarkshire.

info@lanarkshirecarers.org.uk
www.lanarkshirecarers.org.uk

1 4 7

Lanarkshire Links

01698 265232

A membership organisation supporting engagement and participation of mental health service users and carers in the planning and delivery of health and social care services. As a peer led charity, we promote peer support, mental health 'Recovery' and tackle stigma and discrimination.

admin@lanarkshirelinks.org.uk
www.lanarkshirelinks.org.uk

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Lanarkshire Rape Crisis Centre

01698 527003

Offers confidential, trauma informed services to anyone over 12 yrs who has been subjected to any form of sexual violence, harassment or abuse whether this was recent or happened many years ago.

support@lanrcc.org.uk
www.lanrcc.org.uk

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Larkhall & District Volunteer Group (LDVG)

01698 888893

Aim to reduce physical and social isolation and increase health and wellbeing for adults in Lanarkshire, by providing a range of inclusive and accessible services and activities.

admin@ldvg.org.uk
www.ldvg.org.uk

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Liber8 Lanarkshire Ltd

01698 533035

Services to improve the health, wellbeing and quality of people's lives, with a particular regard to reducing the negative impact of alcohol, substance use and mental health issues on the individual, families and communities.

www.liber8.org.uk
admin@liber8.org.uk

1 2

National Autistic Society South Lanarkshire Branch

A group of volunteers who provide support to people with autism and their families. This support includes art and craft sessions, walking groups and parent and carers. Support services are provided through a mixture of online and face to face.

southlanarkshire.branch@nas.org.uk
www.autism.org.uk/what-we-do/branches/south-lanarkshire
www.facebook.com/NASSouthLanarkshire
www.x.com/NASSouthlanarks

4 7

REACH Lanarkshire Autism

0141 641 0068 Provides activities and practical and emotional support for families with a child/ young person with autism. Also supports families through the diagnosis pathway.

info@reachautism.org.uk
www.facebook.com/REACHLanarkshireAutism
www.reachautism.org.uk

1 4 7

Regen:FX Youth Trust

01698 552101

Deliver services for 8 – 21yr olds, offering tried and tested youth work interventions that support young people at different stages of their lives, often facing challenging circumstances.

Info@regenfxyouthtrust.org
www.regenfxyouthtrust.org

1 2 4 7

Routes to Work South

0800 731 0444

A free service, supporting people from local communities into employment, education or training opportunities.

info@artws.org
www.southlanarkshirejobs.org.uk

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SLC - Hamilton Division Housing

Call centre for all departments of Hamilton Division
0303 123 1012

Hamilton Division Housing, covers Housing in Hamilton, Blantyre and Larkhall.

www.southlanarkshire.gov.uk/housing

3

SLC - Money Matters Advice Service

0300 029 0041

Free, confidential and impartial service that offers help and support to South Lanarkshire Council residents and its employees with issues including maximising income, claiming benefits, challenge benefit decisions, dealing with debt, providing budgeting and energy advice as well as accessing emergency support.

www.southlanarkshire.gov.uk/info/200150/managing_your_money/1850/money_matters_advice_service

3

SLC - Joint Problem Solving Unit

0800 389 1105

Formal services offering advice, assistance and (if necessary) signposting to residents of South Lanarkshire in relation to Anti-Social Behaviour, Neighbour disputes and Mediation Services. They also specialise in dealing with complex or serious anti-social behaviour.

Asb.housing@southlanarkshire.gov.uk
Mediation.service@southlanarkshire.gov.uk
www.southlanarkshire.gov.uk

3

South Lanarkshire Works

0141 584 2911

Offers a wide range of employability programmes for people living in South Lanarkshire. Support is available to all age groups including young people, adults, parents, people with additional support needs and those with a disability or long term health conditions.

employability@southlanarkshire.gov.uk
www.facebook.com/southlanarkshireworks
www.southlanarkshire.gov.uk/info/200201/south_lanarkshire_works/2073/job_help_and_support

6

St Andrews Hospice

**Patient & Family
Support Team
01236 766951**

Offers services for those who are bereaved or living with a life limiting illness such as 1-1 counselling and support, a fortnightly support group and a children's service. Also provide support for children living with a family member who is ill.

hospice@st-andrews-hospice.com
www.st-andrews-hospice.com

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Terminal One Youth Centre

01698 829455

Deliver a wide range of youth services and support to young people aged 8-21 years in Blantyre, Burnbank and Hillhouse.

joanne@terminalone.org

www.terminalone.org

1 4 6 7

The Beacons

01698 755926

Recovery Community for people with problematic substance use. Offer a variety of daily activities including Recovery Meetings, Women's Groups, Men's Groups, Social Events, Mindfulness, Arts & Crafts and much more. A person-centred community, meaning we treat everyone, and their recovery, as individuals. See our Facebook page for our weekly schedules.

admin@thebeacons.org.uk

www.thebeacons.org.uk

www.facebook.com/slbeacons

2

The GIVIT Youth Recovery Service - Regen:FX

01698 709050

Dedicated young person's intensive support service for 13 – 25yr olds affected by alcohol & substance use throughout South Lanarkshire. The GIVIT service is unique and the first of its kind in Scotland. We use a blend of Youth Work, CBT Counselling and a fully supported Recovery Model to support young people to address and overcome problematic alcohol and/or drug use. The service operates 365 days a year providing 1 to 1 support, group work, rapid access to CBT Counsellors and a full recovery model.

info@thegivit.org

www.thegivit.org

find us on Facebook, X, Instagram and TikTok

1 2 7

The Haven (Caring Counselling Communication Centre)

01555 811846

Provides emotional, wellbeing and bereavement support to people affected by life limiting illness (such as cancer, dementia, MS), and to their carers and wider family members, including children and young people. Haven services operate across Lanarkshire, with Haven centres located in Blantyre, Wishaw and Forth. Services aim to: support clients to cope with the effect of illness/caring/bereavement; improve emotional and mental health and wellbeing; build resilience; empower and develop self-manage coping strategies; and reduce social isolation and loneliness.

info@thehavencentre.com

www.thehavencentre.com

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The Manda Centre

0775 740 7002

01698 328724

Provides practical and emotional support for those affected by loss, isolation and loneliness due to trauma, bereavement and personal crisis.

info@themandacentre.co.uk

www.themandacentre.co.uk

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Trust Jack Foundation

01698 793980

Provide services to help and support young people that are struggling with their mental health.

tjackfoundation@gmail.com

www.trustjackfoundation.org

1 7

Turning Point Scotland

0141 280 3684

South Lanarkshire Alcohol and Other Drug Reachout Service provides assertive outreach and Intensive Case Management to support people with problematic alcohol and other drug use. We understand the assertive outreach approach to be at the heart of a person-centred and flexible model of service. This model is designed to take services throughout South Lanarkshire to reach people who have traditionally struggled to engage, building a trusting relationship during this period.

ReachoutEnquiries@turningpointscotland.com

www.turningpointscotland.com

www.facebook.com/turningpointscotland

2

Voluntary Action South Lanarkshire (VASLan)

01698 300390

South Lanarkshire's Third Sector Interface (TSI). They provide support and advice for local third sector organisations, community groups, social enterprises and volunteers.

Office@vaslan.org.uk

www.vaslan.org.uk

Locator App (available on IOS & Android) and website (locator.org.uk) that maps third sector services in South Lanarkshire. This resource is designed to help people find local support services.

6

Youth Family and Community Learning Service (YFCLS)

Improving aspirations and life chances for young people, adults, families and the wider South Lanarkshire community.

**Hamilton Universal
Connections**

01698 456680

**Whitehill Universal
Connections**

01698 477622

**Larkhall Universal
Connections**

01698 883725

Roisin.Gallacher@southlanarkshire.gov.uk

Lynn.ruddock@southlanarkshire.gov.uk

Gw18maxwellconor@glow.sch.uk

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Crisis Intervention

All services and helpline numbers are free unless otherwise indicated. Most organisations also offer a chat function on their website or social media channels.

Emergency Services (NHS, Fire & Rescue, Police)

999

Operational Hours:

24 hours, 365 days

In an emergency, medical and otherwise, when someone is seriously ill or injured and their life is at risk.

NHS 24 (111)

111

Operational Hours:

24 hours, 365 days

If you have a medical problem and you're not sure what to do.

www.111.nhs.uk

Emergency Social Work Services Line (South Lanarkshire)

0303 123 1008

If you need to contact social work during the evening, at night, at weekends or during a public holiday, they can help with:

- Child protection issues
- Child care concerns
- Adult support and protection issues
- Adult care concerns
- Vulnerable old people
- People with disabilities
- Mental health assessments
- Home care

(Local Rate number)

Samaritans

116 123

Operational Hours:

24 hours, 365 days

Whatever you're going through, a Samaritan will face it with you. If you need someone to talk to, they listen. They won't judge or tell you what to do.

www.samaritans.org

Chris's House

01236 766755

Operational Hours:

24 hours, 365 days

Chris's House stands for 'Centre of Help, Response and Intervention Surrounding Suicide'. The first 24 hour, nonmedical crisis centre in Scotland.

www.chrisshouse.org

SHOUT 85258

Text 85258

Operational Hours:

24 hours, 365 days

Text messaging support service for anyone who is struggling to cope.

www.giveusashout.org

The Silver Line

0800 470 8090

Operational Hours:

24 hours, 365 days

A confidential helpline providing information, friendship, and advice to older people.

wwwthesilverline.org.uk

Breathing Space

0800 83 85 87

Operational Hours:

Monday - Thursday

6pm - 2am

Friday - Monday

6pm - 6am

Free, confidential phone service for anyone in Scotland over the age of 16 experiencing low mood, depression, or anxiety.

www.breathingspace.scot

Childline

0800 1111

Operational Hours:

24 hours, 365 days

Here to help anyone under 19 in the UK with any issue they're going through.

www.childline.org.uk

Campaign Against Living Miserably (CALM)

0800 585858

Operational Hours:

5pm-midnight,

365 days

The Campaign Against Living Miserably (CALM) is leading a movement against suicide.

www.thecalmzone.net

HOPELINE247

0800 068 4141
07860 039967

Operational Hours:
24 hours, 365 days

www.papyrus-uk.org

A national confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide or anyone concerned that a young person could be thinking about suicide.





This document was researched, co-produced and compiled by Community Links (South Lanarkshire) on behalf of Hamilton Health and Social Care Forum in partnership with local voluntary and public sector organisations.

Special thanks to everyone who contributed to the redesign in 2025, as well as those who guided the research and design from the initial concept in 2019.

You can download a copy of this booklet by visiting
www.communitylinkssl.co.uk.

Contact HHSCF

Phone: (01698) 827583

E-mail: administrator@communitylinkssl.co.uk.