

Looking After Our Mental Health

Looking after our mental health is as important, if not more important, than looking after our physical health. There are lots of things we can do that helps us deal with the stress of everyday life better. Below are some service and websites that provide self help tools and resources to enhance our self care and information on someone that we can talk to about what is worrying us, to help us look after our mental health and improve our own mental wellbeing.

Glasgow Youth Health Service (YHS)

Service Provision

Glasgow City Youth Health Service is a holistic health and wellbeing service for young people aged 12-19 years in Glasgow. The service offers evening appointments at locations throughout Glasgow, with Nurses, Doctors and Counsellors who are experienced in supporting young people and specially trained in youth health issues.

Young people can get help with:

- Sexual health (pregnancy testing, contraception including implants, STI testing and referral for termination)
- Support and counselling for a range of mental health issues e.g. Anxiety, depression and stress. Onward referral to CAMHS when appropriate.
- Drugs, alcohol and risky behaviour
- Relationship difficulties and bullying
- Sleep disturbance, screentime, gaming and gambling
- Weight management (Weigh to Go service for young people aged 12-18 years)
- Social problems such as homelessness, benefit advice, school avoidance etc.
- Advice and support on volunteering, training and employment

The Youth Health Service puts the young person's needs at the centre and will link with local organisations and services to ensure the young person gets the support they need.

Referral criteria

12 -19 years old, living in Glasgow City or registered with a Glasgow based GP

****The young person must consent to the referral****

Location/Hours of service

- Pollok Health Centre – Mondays 6.30pm – 9.00pm
- Easterhouse Health Centre – Mondays 6.30pm – 9.00pm
- Drumchapel Health Centre – Tuesdays 6.00pm – 8.30pm
- Possilpark Health & Care Centre – Wednesdays 6.30pm – 9.00pm
- Shettleston Health Centre – Wednesdays 6.30pm – 9.00pm
- Maryhill Health & Care Centre – Thursdays 6.30pm – 9.00pm
- New Gorbals Health & Care Centre – Thursdays 6.30pm – 9.00pm

Referral process & Contact Details

Glasgow City Youth Health Service operates an open referral system, meaning that they will accept referrals from any source provided the young person has consented.

Young people can also refer themselves.

Referrals should be made by phoning **0141 451 2727**.

Facebook: <https://www.facebook.com/GlasgowCityYHS>