



**West Lothian
CHCP**

Services for adults with a mental health problem

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1 Contact us

Community Mental Health Team

The team is available from:
Mon - Thu 8.30am - 5.00pm and Fri 8.30am - 4.00pm
An answering machine operates outwith office hours.

25 North Bridge Street, Bathgate, West Lothian, EH48 4PJ

..... ☎ Tel: 01506 776799
..... 📠 Fax: 01506 776939

How to find us: phone above for directions or try this site:

🗺 www.multimap.com to download a street map
Travel information tel: ☎ 01506-777840

2 Emergency contact numbers

In the event of an out-of hours social care emergency, ☎ 01506 777401/ 2
please contact the out of hours team right away..... 📠 Fax: 01506 777403
..... ☎ Textphone: 01506 777404

There is also evening and weekend crisis support at home for people with severe and enduring mental health problems

3 What if I cant read or speak English?

The CHCP can provide this information in different ways such as:

- Braille (for blind people)
- British Sign Language (for Deaf people)
- Tape (for people who cannot see or read)
- other languages such as Urdu or Cantonese

If you need help to read this, please contact us.

The new mental health act - download the official Scottish Executive/SAMH leaflet in English Gaelic Urdu Turkish Punjabi Hindi Cantonese or Arabic

UK information about mental health is available in:

- [Shqip](#) Albanian [أرabic](#) Arabic
- [বাংলা](#) Bengali [中文](#) Chinese
- [فارسی](#) Farsi [Français](#) French
- [ગુજરાતી](#) Gujarati [Soomali](#) Somali
- [Español](#) Spanish [Português](#) Portuguese
- [Türkçe](#) Turkish [اوردو](#) Urdu



Community health and care services in West Lothian Services for adults with a mental health problem

4 Our values and aims

The Community Mental Health Team provides health and social work services for you if you are experiencing difficulties due to having a diagnosed, severe and enduring mental illness. We offer practical support to help you stay in your own home and to help you work towards a healthier lifestyle.

We will work with you to:

- Help you maintain your independence and look after yourself.
- Build up self-esteem and confidence.
- Help you decide what to do if you have a problem or can't cope with things.
- Improve your quality of life.

Some of the things we do are:

- Visit you as required to suit your individual needs.
- Monitor your mental health and medication.
- Encourage and support you to increase contacts with other people and groups.
- Provide you with education and information about health and social issues.
- Provide you with help to improve your living environment and other things you do in your daily life.
- Offer support and advice to your family and carers.

We do many other things as well and work with you, one to one, to work out what your care needs are.

5 Partnership working

The Community Mental Health Team is a joint service provided by West Lothian Council Social Work and Lothian NHS, as part of the CHCP (Community health and care partnership)

- The service is available to you if you are aged 16 to 65 years, you have been diagnosed as having a severe and enduring mental illness and you live in West Lothian.
- You will normally be referred via an existing health or social work person already involved in your care. For example, your doctor, your consultant psychiatrist, or a social worker.
- We work closely with health, housing, employers, colleges, and organisations run by or for people with mental health needs.

West Lothian Council provides all the social assessment services and some of the day care and support. We also work with selected voluntary and independent agencies and provide housing, day and support services right across West Lothian.

6 Advice, advocacy and information

A range of helpful information, printed leaflets and factsheets is provided at West Lothian Council - Social Care website. You can also ask for information at your local social work office, council information office, health centre or library.

Other information sources include:

- West Lothian Council: all enquiries ☎ 01506 775000
- NHS in West Lothian..... ☎ 01506 419666
- National organisations
- West Lothian mental health resources website
- Mental health leaflets from Health Scotland
This excellent series of free publications covers a wide range of different mental health problems and conditions.
- Substance misuse directory
Drugs, solvents, alcohol, tobacco - the definitive guide to services in West Lothian



Community health and care services in West Lothian Services for adults with a mental health problem

7 Support for carers

Carers have the right to be consulted, and can ask for an assessment of their own needs. Carers can have a say in any services or plans made for the person they care for. Services provided by West Lothian CHCP, West Lothian Carers Centre, Crossroads and other agencies include:

- information and support for carers
- overnight respite
- home based respite (sitting service)
- voluntary support groups

Carers Centre: Tel: ☎ 01506 771750
Fax: 📠 01506 858882
email: ✉ office@carers-westlothian.com

8 What services are provided in West Lothian?

People with mental health problems are valued citizens and make use of all the services across West Lothian.

Some people with mental health problems need help to use these services. We also have some residential and day support services provided just for people with mental health problems.

If you would like use a service, then you may need to have an assessment first. Contact us right away - by phone, letter, fax or email. ☎ 01506 433 348

Some of the services are listed below. Other services may be available - please ask. We will try to offer support designed to give you and your carer as much choice and independence as possible.

The independent Mental Health Advocacy Project (West Lothian) may be able to help:
..... ☎: 01506 419666 ext 4574
..... Fax: 01506 418324

The Crofthead Resource Centre, Strathbrock Mental Health Resource Centre, Bathgate House, Deanburn Centre and Whitburn Club provide a choice of daytime resources and therapeutic activities across West Lothian.

9 Make plans for your life

Help is available to help you achieve your goals, whatever your interests and level of ability:

- *care management* you can have an assessment by a social worker, and a review of your needs when they change.
- your *care plan* is a place to write down what you want to do and how we will help you to achieve your goals
- *direct payments* can be used to hire your own staff

There are lots of things to do in West Lothian. Here are some ideas to get you started:

- *work, job placements, paid, part or full time work.* Intowork provides supported employment placement opportunities to prepare people for employment
- *volunteering* - using your skills to help the community
- *leisure, sport and the arts* - there are many exciting opportunities to develop your talent, including *artlink west lothian project*
- *social groups* and activities for all ages and interests
- *befriending* - a way of making new friends and getting out and about: ☎ 01506 77 50 00
- *college* - lots of full or part time courses in West Lothian or nearby: ☎ 01506 427931
- *day support services* - social work or independent support services, with a choice of workshops, outreach and other activities



Community health and care services in West Lothian Services for adults with a mental health problem

10 Find a place to stay – short term or long term

There are choices to make about where to live. It's worth planning a move well in advance. It can take time to put together the right package of support. The options include:

- support in the family home
- a place of your own or with friends
- care home
- moving to a different home
- short-term respite at Cardeas House
- Health and Homeless Team based within the Council includes two Community Psychiatric Nursing staff

Ask your social worker to let you know about the choices you may have.

11 Keep well and healthy

People with mental health problems may have other health needs. Most regular health services can be accessed through [your family GP and health centre](#).

There is also a team of NHS staff in West Lothian who provide specialist advice for people with mental health problems Tel: ☎ 01506 433 348

- the NHS community mental health team (CMHT) can arrange a full health check up
- there are a number of NHS beds at St Johns hospital for people who need in-patient assessment and treatment.
- the Choose Life Group has piloted suicide prevention training, and supported initiatives for younger people, adults and older people at risk of committing suicide

12 Links and phone numbers

Benefits advice helplines..... ☎ 0800 88 22 00
 The Care Commission..... ☎ 0845 60 30 890
 NHS 24 Scotland..... ☎ 0845 42 42 424
 Local information for West Lothian..... ☎ 01506 77 50 00
 The Scottish Association for Mental Health Tel: 0141 568 7000
 Fax: 0141 568 7001 Email: enquire@samh.org.uk

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Amendments or comments

Information and external links get out of date very quickly. If you wish to comment on this information or provide a correction please contact Kevin in the first instance.

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emergency team

home page

housing

physical disability

drugs & alcohol

older people

mental health

OT support

carers

learning disability

sensory needs

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