

Neilston Medical Centre

The Practice has a Link Worker on a Monday who can support you to access activities and resources in your local community that can help your overall wellbeing.

- Benefits advice
- Housing advice
- Increasing your physical activity
- Improving your mental wellbeing
- Carer's advice
- Helping you find volunteering opportunities, or get work advice
- Supporting you to connect with others and reduce loneliness
- Advice on groups or clubs in your area

This may help you feel better and could contribute to an improvement in your overall health and feeling of wellbeing.

If you feel you would benefit from seeing our Link Worker, your doctor would be able to refer you.

ramh.org

Call 0141 847 8900
Email enquiries@ramh.org

RAMH promotes recovery from mental ill health, and empowers people to build independent, fulfilled lives.