

Criteria for Referral

The Wellbeing Support Team can offer free short-term support and intervention for up to 6 months to adults aged 16 plus, who have mental health needs such as depression and anxiety, or other mental health issues which significantly interfere with the individual's cognitive, social or emotional abilities. Decisions as to eligibility for a service will be made in the context of current Community Care Eligibility Criteria which can be seen at www.pkc.gov.uk/eligibility

How to Contact Us

For initial enquiries about a referral, or to request a referral form by post or email, contact the Project Worker at the relevant team base:

Aberfeldy	Tel 01887 822462
Blairgowrie	Tel 01250 871519
Crieff	Tel 01764 657861
Kinross	Tel 01577 867318

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

www.pkc.gov.uk (PKC Design Team - 2019397)

Wellbeing Support Team

Adult
Social Work & Adult
Social Care

Inclusion
Wellbeing
Recovery



Perth and Kinross
Health and Social
Care Partnership

Supporting
healthy and
independent
lives



The Service

We provide early intervention and relapse prevention services to empower individuals to recover from, or live better with, the symptoms of mental ill health through the provision of information, support, self-management programmes, community connections and peer support.

The Wellbeing Support Team forms part of Adult Social Work and Adult Social Care Services in the Health and Social Care Partnership. The Team encompasses staff employed by Perth & Kinross Council and NHS Tayside who have a diverse range of experience in relation to working with people with mental ill health.

Where We Work

The service is delivered from four rural staff bases in Aberfeldy, Blairgowrie, Crieff and Kinross and referrals can be considered for those who meet the criteria and live in and around these areas. There may be some limitation for the service in meeting the needs of those with complex needs or risk that require high levels of support or supervision due to staffing capacity and resources, but this can be considered at the point of referral.

How We Can Help

The Wellbeing Support Team delivers person-centred and outcome-focussed support to individuals and small groups, supporting people to develop self-management skills and strategies to enable them to take responsibility for improved mental health and wellbeing.

The Team can work with people to identify agreed outcomes, and support them to work towards, and move forward, in their recovery journey. The work can include practical, social and emotional support and the development of self-help skills to better manage periods of ill health.

The Wellbeing Support Team works in partnership with other areas of service within the NHS, Perth & Kinross Council and other independent sector agencies in the rural localities to provide opportunities to promote social inclusion, improve wellbeing and good physical health, and support access to work and volunteering opportunities.

The Wellbeing Support Team also deliver self-management group work opportunities planned according to individual and local community needs. This can be in relation to:

- *Assertiveness Training*
- *Coping with Stress*
- *Improving Confidence*
- *Effective Communication*
- *Relaxation Techniques*
- *Anxiety Management*

How to Refer

Referrals can be considered for anyone who meets the service criteria and who is willing and able to engage with the support on offer. Self-referrals are encouraged, or referrals can be made (with the consent of the individual) by others - family members, GP, Social Worker, Community Nurse etc.

Referrals can be made by requesting and completing a service referral form or by telephoning a member of the Team to discuss this.