

## About GAMH

Glasgow Association for Mental Health promotes the mental health and wellbeing of people in Glasgow. We provide services that assist people with, or who are recovering from, mental health problems to live the lives they want to live.

## Making a Complaint

If you have concerns about any part of our service or wish to make a complaint, you can contact the Project Leader. See 'contact us' section for contact details. Making a complaint does not affect your right to receive a service from GAMH.

GAMH (Glasgow Association for Mental Health) is a company limited by guarantee registered in Scotland No: 162089 GAMH is a charity registered in Scotland No: SC011684  
Email: [info@gamh.org.uk](mailto:info@gamh.org.uk)

## Contact Us

We welcome all enquires and are happy to arrange to meet with you to explain our support opportunities in more detail.

You may also wish to take a look at our website at: [www.gamh.org.uk](http://www.gamh.org.uk)

Self Directed Support  
Glasgow Association for Mental Health  
St Andrews by the Green  
33 Turnbull Street  
Glasgow. G1 5PR

Telephone: 0141 558 0943  
Fax: 0141 552 6625

Email: [sds@gamh.org.uk](mailto:sds@gamh.org.uk)

GAMH SERVICES ARE REGISTERED WITH THE CARE INSPECTORATE AND HAVE CONSISTENTLY ACHIEVED SCORES OF 5 "VERY GOOD" AT INSPECTION



# Self Directed Support

## Make It Work For You



Promoting Mental Health, Wellbeing and Recovery

## Self Directed Support

Self Directed Support (SDS) is the new system of organising support and care for people in Glasgow.

In this system people who are assessed by Social Work as requiring a social care service will be given a budget which is paid to you, either directly, or through a support provider like GAMH.

This system is designed to provide people with more choice and control over their support service.



## What We Offer

We can support you to become more involved in your local community and take part in activities which aim to support you to manage your mental health and wellbeing and build on your interests or past interests.

### FLEXIBLE, INDIVIDUALISED SUPPORT

We offer flexible creative support developed in partnership with you, your family and your carers.

We help you to describe the support you need and make a plan with you based on your individual requirements.

You decide how, when and where and for how long you choose to be supported.

We can offer support on a one to one basis or as part of a planned group.

## Skilled Experienced Staff

GAMH employ experienced, qualified staff who have excellent knowledge of supporting people to lead positive and fulfilled lives.

We recruit staff following safe recruitment guidelines. Staff are supported by a range of policies and procedures which improve their practice and they benefit from regular planned supervision arrangements.

GAMH is a learning organisation. Staff are provided with ongoing training to improve and develop their knowledge skills and practice.

Training reflects what people who use our services say that they want and need from a worker as well as the Scottish Social Services Council's Codes of Practice.

