

Mental Health & Wellbeing Service Directory Western Isles

Organisation directory

Covers all of the Western Isles

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★ Advocacy Western Isles

Area covered

- All of the Western Isles

Service offered

- Provide issue based 1-2-1- advocacy at people's time of need
- Priority support for those with mental health issues, learning disabilities, the elderly, children & young people as well as their parents/ carers
- Support people to speak up for themselves and what is in their best interest
- Ensuring people are involved in decisions which affect them and/ or their families

Referral criteria

- All age groups
- Any individual or organisation

Contact details

- Rear Wing, 16 Francis Street, Stornoway, Isles of Lewis, HS1 2XB
- 01851 701755
- office@advocacywi.co.uk
- www.advocacywi.co.uk

★ Alzheimer Scotland (Western Isles)

Area covered

- All of the Western Isles

Service offered

- Solas registered daycare - referral only
- Dementia resource centre
- Dementia advisors: 1-2-1 appointments for information, advice and emotional support including home visit
- Community activity organiser
- Carer Peer Support Group
- In person community groups - open to all
- Digital online groups - open to all
- Monthly 'What's On' guide detailing all groups and activities - available to collect or download via website.

Referral criteria

- All age groups
- Self-referral, Community Care Forum, GP, PDS, Health organisations

Contact details

- Taigh Shipoirt, Sinclair Avenue, Isle of Lewis, HS1 2AP
- 01851 702123
- westernisles@alzscot.org
- www.alzscot.org/western-isles-drc

★ Citizens Advice Bureau

Area covered

- All of the Western Isles

Service offered

- Benefits support
- Specialist money advice
- Employment support
- Assist in Tribunals
- Specialist gambling support (based in Inverness)
- Support and advice – a holistic approach
- Sign post to other agencies if needed

Referral criteria

- All age groups
- Any individual or organisation

Contact details

- Head office: 41 – 43 Westview Terrace, Stornoway, Isle of Lewis, HS1 2HP
- Lewis – 01851 705727
- Harris – 01859 502431
- Uist – 01870 602421
- Barra – 01871 810608
- www.wicas.uk

★ Counselling and Family Mediation

Area covered

- All of the Western Isles

Service offered

- Counselling – bereavement
- Family mediation
- Couples/relationship mediation
- Sex therapist
- Young people's counselling
- All staff trained to post graduate standard, registered with COSCO

Referral criteria

- 12 years (but can work with younger)
- Self-referral, health professionals and schools

Contact details

- 1 Bank Street, Stornoway, Isle of Lewis, HS1 2XG
- 01851 705600
- Servicemanager@cfmwesternisles.org

★ Department of Spiritual Care (NHS Western Isles)

Area covered

- All of the Western Isles

Service offered

- Supports anyone in emotional stress and distress
- Bereavement support
- Pastoral care and counselling
- Bed side visitation
- 24/7 on call chaplain in Western Isles Hospital (Stornoway)
- Counselling for families
- Counselling relationship issues
- Provides Support Around Death (SAD)

Referral criteria

- 14 years and upwards
- Any individual or organisation

Contact details

- Department of Spiritual Care, Western Isles Hospital, MacAulay Road, Stornoway, Isle of Lewis, HS2 OGS
- 01851 704704 – Ex 2476
- tk.shadakshari@nhs.scot

★ Long Term Conditions Hebrides

Area covered

- All of the Western Isles

Service offered

- Support anyone with a long-term condition and their families
- Free online group sessions led by qualified facilitators
- Monthly in-person sessions, online option also available

Referral criteria

- Anyone with a long-term condition and/or their families.

Contact details

- info@ltch.org.uk
- www.ltch.org.uk

★ Penumbra Mental Health Western Isles

Area covered

- All of the Western Isles

Service offered

- Support with mild to moderate mental health conditions, peer support, person centred and 1-2-1 support
- Monthly Hope and Recovery group for those struggling with their mental health (Stornoway)
- Walking football (Stornoway)
- Walk & Talk delivered in partnership with Catch 23, all abilities (Stornoway)

Referral criteria

- 16 years and upwards
- Self-referral family member and all health professionals.

Contact details

- 23 Bayhead, Stornoway, Isle of Lewis. HS1 2DU
- 01851 706360 – answer machine checked regularly
- elaine.morrison@penumbra.org.uk

★ Salvation Army Corps

Area covered

- All of the Western Isles

Service offered

- A warm space for all
- Funeral services
- Support to families going through a bereavement
- Part of emergency response team
- Emergency food parcels
- A small community fund for emergencies e.g. nappies, clothes etc
- Christmas toy appeal

Referral criteria

- All ages
- Any individual or organisation

Contact details

- Bayhead, Stornoway, Isle of Lewis. HS1 2DZ
- 01851 703875
- stornoway@salvationarmy.org.uk

★ Western Isles Community Care Forum SCIO

Area covered

- All of the Western Isles

Service offered

- Support for unpaid carers, providing information on training respite breaks, grants social groups and home visits
- Bereavement support, people can be supported for up to a year
- Holds a list of personal support services, such as housekeeping etc

Referral criteria

- 8 years and upwards
- Any individual or organisation

Contact details

- Room 14 Council Offices Tarbert, Isle of Harris. HS3 3BG
- 01859 502588
- Info@wiccf.co.uk
- www.wiccf.co.uk

★ Western Isles Rape crisis Centre

Area covered

- All of the Western Isles

Service offered

- Support for survivors of sexual violence
- Support for family/ friends
- Specialist worker for childhood survivors of sexual violence
- Advocacy support - support at every stage of the criminal justice system
- Wellbeing groups – yoga, arts, safe space for women

Referral criteria

- 13 years and upwards
- Any individual or organisation
- Any gender

Contact details

- Unit 1, Church House, 16 James Street, Stornoway, Isle of Lewis. HS1 2QN
- 01851 709965
- admin@wircc.org.uk

★ Western Isles Women's Aid

Area covered

- All of the Western Isles

Service offered

- Young persons worker, 1-2-1 support from 3 years - parent does not have to be involved
- Refuge worker - supports women who have suffered abuse, includes mental and financial abuse
- Support through the entire process of housing & attending appointments
- Court support worker, offers 1-2-1 support to women going through the criminal justice system

Referral criteria

- All age groups
- Any individual or organisation
- Open to all women

Contact details

- 53a Bayhead, Stornoway, Isle of Lewis, HS1 2DZ
- 01851 704750
- office@wiwasty.org
- www.westernisleswomensaid.co.uk

★ Catch 23/ WIAMH

Area covered

- Lewis & Harris

Service offered

- An informal relaxed and safe environment where people can drop-in
- A range of activities are offered such as, arts, creative writing, internet access, gardening and health information
- Yoga via Zoom

Referral criteria

- Over 18
- Any individual or organisation

Contact details

- 23 Bayhead, Stornoway, Isles of Lewis, HS1 2DU
- 01851 704964
- Info@wiamh.org

★ Crossroads Lewis

Area covered

- Lewis

Service offered

- Support unpaid carers by offering regular weekly respite, responding to individual circumstances and needs as a carer
- Support those who live alone in exceptional circumstances by giving companionship, encouraging independence and helping avoid isolation

Referral criteria

- Any individual or organisation

Contact details

- 79b Unit 1 Seaforth Road, Stornoway, Isle of Lewis, HS1 2SD
- 01851 705422
- info@crossroadslewis.co.uk
- www.crossroadslewis.co.uk

★ Embark Project

Area covered

- Lewis & Harris

Service offered

- Supporting people to access physical activity including health walks and wheelchair friendly walks
- Cycling activities; Ladies cycling group & 1-1 cycling sessions
- Provide e-bikes and e-tandems, including free bikes for children
- Regular gardening groups

Referral criteria

- Over 18's
- Any individual or organisation

Contact details

- 30 Francis Street, Stornoway, Isle of Lewis, HS1 2ND
- 07984 634409
- info@embark.org.uk

★ Island Befriending Project

Area covered

- Lewis & Harris

Service offered

- Various social events including supper clubs, ladies groups and minibus trips
- Regular reminiscence sessions and kindness calls
- Supporting volunteers with mental health issues and breaking barriers to volunteering

Referral criteria

- Over 18's
- Any individual or organisation

Contact details

- 30 Francis Street, Stornoway, Isle of Lewis, HS1 2ND
- hi-aye@islanders.org.uk

★ The Shed Project

Area covered

- Lewis

Service offered

- Youth club, Parent & toddler group, Music & rhyme group
- Parental support and advice on how to play and interact with their child
- Friday youth drop in safe space
- Primary 7 transition & Youth worker in the Nicolson Institute. 1 -2- 1 support for young people in care or on the edge of care
- The Nicolson Institute S5 - S6 support young people to transition from school/ college/ work (pilot)
- The WELL drop-in for those in recovery from alcohol use, includes support with mental health, loneliness and signposting (for over 18's)
- The ARK exclusively for women
- Recovery Cafe - staffed by people in recovery
- Safe Families Western Isles – Support for families, giving a sense of belonging & helping to avoid crisis

Referral criteria

- All ages
- Any individual or organisation

Contact details

- 11 Francis Street, Stornoway, Isle of Lewis, HS1 2NB
- 01851 705422
- admin@theshedproject.org.uk
- www.theshedproject.org.uk

★ Caraidean Uibhist (Befriending Service)

Area covered

- Uist

Service Offered

- Supporting with loneliness & isolation
- Support with substance & alcohol misuse
- Dementia support
- Support those living with multiple diagnosis
- Unpaid career support
- Signposting
- Monthly social events
- Monthly men's group
- Taking clients to community events
- Supporting those who have mild learning difficulties
- Family support – delivering the CRAFT programme (Community, Reinforcement and Family Training)

Referral Criteria

- Over 18's
- Any individual or organisation

Contact Details

- 41 Airport Road, Balivanich, Isle of Benbecula, HS7 5LS
- 01870 603233
- 07939 965124/ 07939 965125
- admin@caraideanuibhist.org

★ Cothrom Learning Centre

Area covered

- Uist & Barra

Service Offered

- Employability skills
- Support those affected by substance misuse and their families
- ESOL classes including 1-2-1
- Numeracy Programmes
- Therapeutic gardening
- Music therapy
- Cooking classes
- Practical skills classes – sewing, knitting, upcycling and woodwork
- Basic IT skills
- Youth Café (secondary pupils)
- Various Volunteering programmes
- Re-store

Referral Criteria

- 16 years and upwards
- Any individual or organisation

Contact Details

- Ormiclate, Isle of South Uist, HS8 5SB
- 01878 700910
- enquiries@cothrom.net
- www.cothrom.org.uk/learnwithus
- enquiries@cothrom.net
- Facebook - Cothrom

★ Tagsa Uibhist

Area covered

- Uist

Service Offered

- Care at home and respite
- Support independent living
- Combating loneliness & isolation
- Dementia worker who can support for up to 1 year after diagnosis
- Art Therapy
- Transport for people who need support with shopping, hospital appointments etc
- Bereavement support service
- Community gardens - access to fresh fruit and supports growing at home
- Biadh Blasda Uibhist – delivering meals to those with care in the community

Referral Criteria

- All age groups
- Any individual or organisation

Contact Details

- East Camp, Balivanich, Isle of Benbecula, HS7 5LA
- 01870 602111
- info@tagsa.co.uk
- www.tagsa.co.uk/contact/

★ Cobhair Bharraigh SCIO

Area covered

- Barra & Vatersay

Service Offered

- Day care service for frail, elderly and those living with physical, mental and sensory impairment, loneliness and isolation and/ or dementia. A two-course lunch and transport provided
- Home support including befriending
- Respite for unpaid carers including in the case of crisis (working with CnES)
- Weekly Men's club with light lunch (transport may be available)
- Monthly Neuro group open to all those diagnosed with a neuro condition
- Carers support through quarterly meetings & information on services available to carers
- Monthly Wellbeing café with massage & counselling services
- Intergenerational activities
- Self-Directed Support payroll services (Uist included in this service)

Referral Criteria

- Any individual or organisation

Contact Details

- Cobhair Bharraigh Centre, Kentangaval, Isle of Barra, HS9 5XL
- 01871 810906
- cobhairbharraigh@btconnect.com

★ Gàradh a’ Bhàgh a’ Tuath

Area covered

- Barra & Vatersay

Service Offered

- A safe and warm space for get togethers to combat social isolation and loneliness
- Volunteering activities for all ages and abilities centred in a therapeutic garden or café setting
- Group support for volunteers
- Gentle movement classes & Health walks
- Monthly events – storytelling, seasonal events & book clubs
- All year-round garden activities
- Hebridean growing club (April-Sept)
- Mums & tot’s group, messy play sessions inside & outside
- Intergenerational activities
- Access to food larder and food bank

Referral Criteria

- 16 years and upwards
- Any individual or organisation

Contact Details

- Am Bothan, Isle of Barra, HS9 5YQ
- 01871 890765
- info@garadh.org
- <https://www.garadh.co.uk>
- Facebook- [Garadh a Bagh a tuath](#)

★ Voluntary Action Barra & Vatersay

Area covered

- Barra & Vatersay

Service Offered

- Support for people with addiction
- Information sessions to schools on drugs & alcohol
- Facilitate AA meetings - transport can be provided

Referral Criteria

- Over 18’s
- Any individual or organisation

Contact Details

- Castlebay, Isle of Barra, HS9 5XD
- 01871 810401 or 07494 079509
- clare.logan2@nhs.scot
- info@vabv.org.uk