



Charlie Reid Centre Choose Life Project

The Charlie Reid Centre is open to anyone over the age of 16 who live within Glasgow City and its surrounding areas and whose life is affected by serious mental health problems and/or at risk of suicide.

Rationale

The Charlie Reid Centre is an established mental health resource in Glasgow City Centre and identified a need for additional counselling support for its membership.

The Centre aims to provide a range of social, recreational, practical and emotional support to people with serious mental health problems and their carers, within an environment that gives a sense of community and friendship.

Over the last year, of the 32 people who were offered individual talking therapy, 21 presented with issues around suicide.

Desired Outcomes

- To provide a range of social, recreational, practical and emotional supports, within an environment that gives a sense of community and friendship.
- Expansion of the existing counselling service to provide a suicide prevention focused service.
- To provide an additional counselling post with a particular remit around issues of suicide, creating an information resource, establishing a training group and piloting a fixed term support project.

Relevance to Choose Life's Key Areas Of Work

Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Coping with suicidal behaviour and completed suicide

Choose Life Priority Groups

People with mental health problems

Partners In Delivery

NSF Scotland

Evaluation Tools/Methods

An evaluation tool will be developed for both individual and group support.

Contact Details

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Additional Information

- There is a café, and a number of rooms for relaxation and activities. There is a service and support for carers.
- Hours Monday 10.30am – 4.30pm Tuesday 12.30pm – 8.00pm Wednesday 10.30 – 5.30pm Thursday 10.30 – 8.00pm Friday 10.30 – 4.00pm
- There are steps leading in to the building and only the ground floor has wheelchair access
- Counsellor was appointed in May 2005.
- An additional post has been created and a further six counsellors will be trained.