

Who are we?



Lifelink is a social enterprise and registered charity dedicated to helping people overcome problems related to stress, anxiety and depression. We believe everyone is unique and our aim is for every person we work with to be **“healthier and happier wherever they live, work and learn.”**

your **life**, your **space**



What our clients say



“Lifelink’s positivity and genuine care and concern for the pupils was very much appreciated.”

“I learned new feelings a person can have and what effect it can have on you or others.”

“I now feel more capable of actioning changes that need to be made, and steps that need to be taken.”

“This literally has been the best course I’ve ever been on.”

How to find us

Lifelink Head Office
Suite 4 Melisa House
3 Brand Place
Glasgow
G51 1DR

0141 552 4434
lifelink.org.uk
info@lifelink.org.uk



Check the website to find your nearest centre on our interactive map.

Registered Charity (SCO25643) Company Registered in Scotland (171155)





Stress Services
Counselling



your **life**, your space



Training
Custodial Care Services

Is Lifelink right for me?

Are you stressed or interested in learning how to manage and reduce stress?

Would you like to develop your own solutions to personal problems and issues affecting your life?

Are you anxious, depressed or thinking about self-harm or suicide?

Are you part of a community group or organisation that wants to offer its members more support?

If so, Lifelink can help.

What we do

Lifelink offers a number of services to young people, adults, businesses and communities. We help people cope with the challenges they face in everyday life through:

- One-to-one counselling
- Training and group-work
- Custodial care services
- Employee assistance programmes

All our staff are highly qualified and committed to helping you find the right service that suits your needs.

How to make a referral

If you'd like to find out how Lifelink can help you or to make a referral for yourself or a family member please call us.

Alternatively, you can go to our website for more information and fill out an online referral form then one of our team will call you back.

 www.lifelink.org.uk

 0141 552 4434