

## **Occupational Therapy Community Clinics**

Community Clinics are a mental health Occupational Therapy initiative which connects you with local services and activities that may help you to improve your mental health and well-being. Feeling good about yourself and being able to get on with your life in the way that you want are central components of well-being and will be different for each individual. Community Clinics provide you with an opportunity to discuss your individual needs and interests with an Occupational Therapist through being offered a one off appointment at a clinic in your local area. We will support you to access local services and activities that you may benefit from.

Advice also includes:

- Ways to maintain positive mental health through taking part in valued activity
- How to achieve balance within roles and routines
- How to recognise early signs of deteriorating mental health and manage them
- How to make changes to lifestyle and behaviour
- Relevant community resources and organisations that may benefit the individual, based on their own interests

Occupational Therapy Community Clinics are delivered in ten locality areas in Lanarkshire on a monthly basis and an appointment can be arranged through contacting and asking for an appointment at the Occupational Therapy Community Clinic on the following numbers:

### **1. Airdrie**

Address: Airdrie Health Centre, Reception 1A, 88 Graham Street, Airdrie, ML6 6BU

Telephone: 01236 772228

### **2. Bellshill**

Address: Bellshill Community Health Clinic, Greenmoss Place, Bellshill, ML4 1PS

Telephone: 01698 575718

### **3. Cambuslang and Rutherglen**

Address: Eastvale Resource Centre, 130A Stonelaw Road, Rutherglen, G73 2PQ

Telephone: 0141 5314117

**4. Coatbridge**

Address: Buchanan Centre, 126 Main Street, Coatbridge, ML5 3BJ

Telephone: 01236 703406

**5. Cumbernauld**

Address: Central Health Centre, N Carbrain Road, G67 1BJ

Telephone: 01236 789902

**6. East Kilbride**

Address: Hunter Health Centre, Andrew Street, East Kilbride, G74 1AD

Telephone: 01355 584367

**7. Hamilton**

Address: Regent House, 9 High Patrick Street, Hamilton, ML3 7JA

Telephone: 01698 894118

**8. Lanark**

Address: Lanark Health Centre, Woodstock Road, Lanark, ML11 7DH

Telephone: 01555 667159

**9. Motherwell**

Address: Airbles Road Resource Network, 49 – 45 Airbles Road Motherwell, ML1 2TP

Telephone: 01698 269336

**10. Wishaw**

Address: Pather Clinic, Caledonian Road, Wishaw, ML2 0HZ

Telephone: 01698 373294