



Link: *a thing or person that unites others*

Link Up: *make isolated parts into members of something. Make order out of chaos. Connect, combine. Make stronger by joining together.*

Why do we exist?

Shetland Link Up aims to prevent people from becoming socially isolated due to their mental ill health, by providing a safe, accepting and welcoming environment to meet with others and make friendships.

We will signpost and with agreement from the person we can refer them to other organisations who may be able to support/help them.

Who are we for?

Shetland Link Up is for adults (16 years and over) in Shetland suffering or recovering from mental ill health.

People can self refer or ask someone else to refer them – such as a friend, family member, Community Mental Health team member, other support agency or whoever they want.

What do we do?

We run a drop-in for clients on a few days per week in our quiet location on South Commercial Street.

A home cooked meal is provided. Tea, coffee and juice are always available.

There is space to chat, play games including pool and darts or board games. We have a lending library with a range of books.

We do occasional other activities including outings to the cinema, short courses, day trips, arts & crafts, Christmas party and from time-to-time we've had a holiday.

We have sessions after drop-in for people to come along and tell us about their services.

What do we *not* do?

We do not expect you to commit to certain times, you are free to come and go as you wish.

We do not provide advice. If you specifically asked for it, we may offer suggestions and offer to assist you in taking them up if you wish.

We do not provide counselling or other therapeutic interventions.

Find out more...

If this has got you thinking you can contact us for more information on how you can *Link Up*.

Telephone: 01595 693313 or **email:** coordinator@shetlandlinkup.org