



Coronavirus Update

We've been doing everything we can to adapt our service in line with social distancing requirements, while still providing the same high level of mental health support that we've always done. With all our staff working from home, we have moved to providing a **telephone counselling service** in replacement of our previous face-to-face. We've also been working on our digital skills and are piloting a **video counselling service** for people who would prefer this option.

We are also encouraging referrals for people who feel that they would benefit from simply having someone qualified to talk to about anything they're struggling with at the moment. We're keen to encourage referrals from anyone who might benefit from our more relaxed service during this pandemic – working with a therapist for a single session and developing some coping strategies may be enough to greatly improve your mental health.

We support adults and young people of secondary school age living in a Glasgow postcode and young people enrolled in a local authority run secondary school in West Dunbartonshire.

You can refer yourself or someone else for Lifelink's services by completing a referral form at the website address below or by calling us on **0141 552 4434**.

