

Contact Us For:

- Self referral
- referrals from other services eg. health practitioners, support workers and all other bespoke services

CUMBERNAULD COMMUNITY MENTAL HEALTH HUB

The hub provides:

- dedicated helpline
- one-to-one support
- holistic approaches
- therapeutic activities
 - mindfulness
- alternative therapies
 - relaxation
- help to reduce social isolation

CORNERSTONE COMMUNITY MENTAL HEALTH HUB

Cornerstone House Centre

1 Esk Walk
Cumbernauld Town Centre
G67 1BZ

07543479893

wellbeing@cornerstone-
house.org.uk

This service will;

- improve mental health & wellbeing
- reduce mental health inequalities
- increase community resilience, economic and emotional hardship
- decrease stigma around mental illness

This project will offer;

- 1. Talk and Transcend** – helpline, email and drop-in support
- 2. Together Therapy** – Peer-led therapeutic group sessions
- 3. Thrive On Through** – Workshops targeting cost of living related mental health
- 4. Tackling Taboo** – Anti-stigma campaign & community network

The hub is funded by the Community Mental Health & Wellbeing Fund – it is a national fund established by Scottish Government in 2021 – enabling local CVS to provide increased mental health support –

Note: fund is managed by VANL In North Lanarkshire

