

About GAMH

Glasgow Association for Mental Health promotes the mental health and wellbeing of people and their carers in Glasgow.

We provide services that assist people with or who are recovering from, mental health problems to live the lives they want to live.

We value differences in people's backgrounds, identities, views and beliefs.

Complaints Procedure

If you have concerns about any part of our service or wish to make a complaint, you can contact the Project Leader. See 'Contact Us' section for contact details. Making a complaint does not affect your right to receive a service from Later Life Matters or GAMH

GAMH (Glasgow Association for Mental Health) is a company limited by guarantee registered in Scotland No: 162089 GAMH is a charity registered in Scotland No: SC011684

Contact Us

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GAMH Later Life Matters Project

Promoting Mental Health and Wellbeing For Older People 65 Plus



What is the Later Life Matters Project?

Later Life Matters offers support services to older people, aged 65 and over, who are experiencing or recovering from mental health problems.

What do you mean by mental health problems?

We support people with a range of mental health problems such as depression, anxiety, mood swings and other difficulties that can sometimes make it hard to cope day to day.

We offer support to enable older people to:

- Improve their self confidence
- Become more independent and less isolated
- Help with practical day to day issues
- Become more involved with their local community
- Meet new people

Older People have said

I enjoy taking part in the Later Life Matters group, I meet new people, take part in activities and have a laugh.

I now have more motivation and I am managing to care for myself and my home

I am so pleased I got in touch with you...

The support has given me confidence and taken a weight off my shoulders. Its good to be out mixing with other people again.

Attending the group gives me more structure to my week. I feel anxious but speaking with others and taking part in the activities helps to distract me.

The support is building my confidence and self esteem.

Staff

The Later Life Matters team offer friendly and personalised support to older people. Our dedicated team have:

- A wide range of experience
- A clear understanding of issues that affect older people
- Attend regular training

Referrals

Anyone can make a referral to the project. You can contact us yourself or you can ask someone else to get in touch on your behalf.

We will arrange to meet with you and have a chat about the project to make sure that our service is the right one for you.