



Distress Brief Intervention Coordinator, an introduction

Thank you for your interest in working with Support in Mind Scotland and the Distress Brief Intervention programme. We at Support in Mind Scotland are delighted to have been selected as the agency leading this innovative Scottish Government programme in the Highlands. As the accompanying Programme Overview explains, the programme is running in 4 different areas of Scotland, with a lead agency in each area facilitating the cooperative work of a range of local partners. In the Highlands Support in Mind Scotland is leading the project by bringing together statutory and non-statutory partner agencies including Police Scotland, Scottish Ambulance Service, Primary Care and Accident and Emergency services, as well as a large number of third sector agencies involved in various aspects of support and Mental Health recovery work.

As Area Manager for Support in Mind Scotland I know that this programme is making a significant difference to the lives of people living in the Highlands. For the first time, it enables front-line services to give a consistent, compassionate response to people presenting in distress, knowing that they can refer people quickly to effective support that will start without delay. My hope is that this early intervention approach will allow many people to avoid exacerbation of their distress and deterioration of their mental health. As a Coordinator your work will be at the heart of this important development.

The programme enables staff in front-line services to offer an immediate, compassionate response to people who present in distress and to refer them to our specialist Coordinator staff. An important feature of the programme is that referrals are made within 24 hours of the distressed person's first presentation. Following referral, Coordinators work with the person over a period of 14 days, offering emotional support, exploring coping strategies and referring onwards to further, longer-term support if required.

At Support in Mind Scotland we have developed a reputation for expertise in recovery-based support for people seriously affected by mental illness. The Distress Brief Intervention project allows us to apply this expertise in a new way, by supporting and advising people who may not require existing Mental Health services but who are experiencing distress. As one of the Coordinator staff you will play a key role in bringing about an important and positive development in the way that people in emotional distress are supported in the Highlands, and you will contribute to a national programme which we hope will continue to have an impact for many years into the future.

If you would like to have a phone discussion or a meeting please get in touch with Anne MacDougall, Distress Brief Intervention Project Manager on 01463 710963 or email AMacdougall@supportinmindscotland.org.uk

We look forward to receiving your application.

Bruce Armstrong
Area Manager