

## Believe - Our Values

- B** Be the best that we can be to support our people
- E** Empower and enable members to connect with their communities
- L** Lead the way in addressing inequality in our Communities
- I** Innovate so that we can be great at what we do
- E** Empathise with and support those who reach out for help
- V** Visualise a better future for people with mental health issues
- E** Expect the best out of our staff, volunteers, trainees & peers

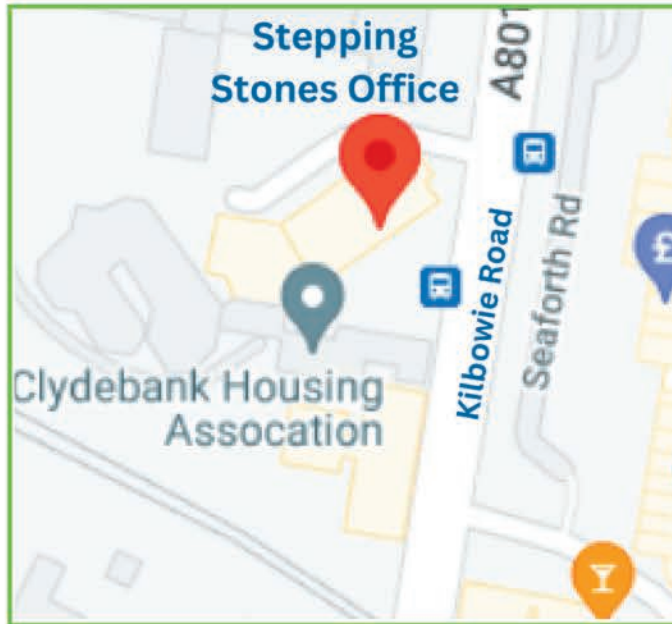


West Dunbartonshire Health & Social Care Partnership



## How to Find Us

Stepping Stones is on the ground floor of the Social Economy Centre, which is a two minute walk from Clydebank Train and Bus Station.



G/F, Social Economy Centre, 63 Kilbowie Road, Clydebank. G811BL

[www.stepstones.org.uk](http://www.stepstones.org.uk)

T: 01419412929

e: [admin@stepstones.org.uk](mailto:admin@stepstones.org.uk)



to wellness, wellbeing and recovery!



Stepping Stones provides a range of mental health support services across West Dunbartonshire.

Care Inspectorate Registration No: CS2016353166

# What we offer at Stepping Stones

## One-to One Support

**Person Centred Counselling**  
**Mental Health Support Work**  
**Guided Self Help**  
**Cognitive Behavioural Therapy**  
**based support**



**Reduced self harming behaviour and I am now able to look at situations differently and able to walk away from violent situations.**

## Referrals

**We welcome referrals from people aged 16 and older who live in West Dunbartonshire and are looking for person centred and less clinical mental health support**

## How long will support last?

**We take a flexible approach to this question, as no two people are the same. Some of our services are time limited and the length of the support will be agreed between you and your named worker. We regularly review our support with you, depending on the service you receive.**

## Group Support

**Social groups**  
**Exercise based group activity**  
**Bereavement support groups**  
**Conversation Groups**  
**Mental Health Education Classes**



**I am better at understanding my emotions and expressing them to my support networks....**