

Local Walk-in & Phone Service

Mental Health & Wellness Centre, Batchen St, Elgin. Short term support when in distress, information, self management activity, 1-1 community & peer support.



GP Link Workers

1-2-1 connecting you with your community. Identify areas you want to work on and improve in your life with support based in your GP practice.



How do I decide?



Mental Health Pathways in Moray

Community, Nature & Creativity

Connect with others and learn to manage challenges through supportive peer relationships. Nature or community based activities. Groups and individual options.



Specialist Mental Health Support

The Community Mental Health Team (CMHT) includes psychiatry, mental health nursing, occupational therapy, social work, psychology and other specialist services.



Specific Anytime Support

National helplines, mobile and online tools managed in Moray and beyond. Provides anonymous support for motivated individuals at flexible times.



GP referral required



More timers, longer wait



More hands, more support

Psychological Therapies

Sessions using talking therapies (e.g. CBT - Cognitive Behavioural Therapies) delivered over a limited time by healthcare professionals.

