

You can contact us at Esteem from Monday to Friday between 9am – 5pm

At other times you can obtain advice by phoning:

Esteem North
Hydepark Business Centre – 1st Floor
60 Mollinsburn Street
Glasgow
G21 4SF
Tel: 0141 630 4940

Esteem South and Clyde
Admin Building - Leverndale Hospital
510 Crookston Road
Glasgow
G53 7TU
Tel: 0141 211 6563



Information on Esteem



What Is Esteem?

Esteem is a mental health service for people aged 16-35 who appear to be experiencing a first episode of psychosis. We have four teams working in Glasgow and Clyde, and work with young people for up to two years.

Esteem offers different types of support which have been shown to help people recover from psychosis, including medication, practical support, family work and psychological therapy.

What Can You Expect?

Firstly, you will have a period of getting to know different workers from Esteem to make sure we are the right service to help you. If we do not think we are the right service for you, we will explain the reasons for this and find the right team to support you.

Once we have agreed that Esteem is the right team for you, you and your family will begin to work with your key-worker. Your key-worker is usually a nurse or an occupational therapist (OT) and will help you think about what might be most useful to you during your time with Esteem.

Your key-worker may introduce you different people in the team who can help you with different things, like a psychiatrist to talk about medication, a support worker to get you out and about or a clinical psychologist for talking therapy.

What About Hospital?

Sometimes a short stay in hospital is needed, especially when people are very distressed by their experiences. If this is the case, Esteem will remain involved during and after a hospital admission to try to avoid any further admissions.

What Can Esteem Help With?

Esteem will work with you to help you cope as much as possible by:

- Helping you try to understand the things that led to your experiences of psychosis
- Exploring ways to help with your recovery
- Working with your family and friends to encourage positive relationships
- Offering practical support with things like housing or finances
- Supporting you to return to work, university or college, or identifying ways to spend your time

Esteem can also work with your family and friends by:

- Involving them in all aspects of your care, if you feel this would be helpful
- Offering evening group sessions for support (called "Friends and Family")
- Offering family work
- Offering individual therapy to family members

What Happens Next?

During your time with Esteem, you will have regular reviews at 12 weeks, one year and 18 months into the service with other reviews being agreed if necessary. These reviews will involve everyone working with you in Esteem, as well as any family or friends you wish to come along.

These reviews give everyone an opportunity to discuss how things are going and what else might be needed to help your recovery. You will be given a written record of these reviews to ensure you understand what has been discussed.

What Happens After Esteem?

Many people who work with Esteem make a full recovery within two years and do not need follow-up from another mental health service after finishing with Esteem. This means their care is returned to their GP with the option of becoming involved with Esteem again if they start to struggle within 6 months of ending with the service.

For others, the recovery process can take a bit longer, so their care will be transferred to another service (usually their local Community Mental Health Team) for more input at the end of the two years. If this is the case, this will be discussed at your 18 month review and Esteem will support you in the initial stages of contact with the new team until you feel more comfortable with them.