



OPFS Mental Health & Wellbeing Service

● Who we are

Established in 1944, One Parent Families Scotland (OPFS) is Scotland's leading single parent organisation, providing expert information, advice and family support, as well as training, work preparation, and flexible childcare.

Our Vision: A Scotland in which one parent families, without exception, can prosper from life's opportunities.

Our Mission: OPFS will ensure that one parent families have the support, contacts and confidence needed to play a full part in Scotland's economic and social life.

● Our New Service

In line with our mission, OPFS is delighted to launch our new Mental Health & Wellbeing Service. Funding for this service comes from a successful application to the UK Government's Tampon Tax Fund. The aim of the service is to offer a free support and counselling service for those most in need to enable them to better manage their mental health and minimise the impact on their well-being. This service will be accessed on-line, face to face and in a group setting.

The service is designed to be as accessible to as many people as possible, it has 4 strands:

Specialist Family Support with Support Worker/Counsellor: individual sessions using therapeutic activities and counselling to promote emotional wellbeing; offering emotional support and strengthening parenting capacity by developing mental health resilience;

Local support groups: reducing the likelihood of isolation and helping prevent the deterioration of mental health, while giving those who do have mental health problems the tools to improve their well-being.

Parent/carer peer support: to help parents/carers feel less isolated and more confident in their roles;

Remote Support Access (with Life Check Tool): online and phone access to support, advice and information including peer support. A Life Check tool will allow parents to answer questions about themselves and establish whether they are looking after their own needs and could benefit from further support. At this point they can ask to be contacted or get in touch themselves.