



AHEAD: Actions for Health, Equalities and Self-Determination

AHEAD supports disabled people living in Glasgow who need wellbeing support while on a waiting list for health treatment or social care.

AHEAD support is free and can help you to:

- Build strategies for coping with anxiety and stress.
- Learn how to be more assertive and better communicate your feelings and needs.
- Get the best out of your appointments with health and social care professionals.
- Try out new ways to relax and improve your wellbeing.
- Meet others and get peer support.



For more information: Call: **0141 556 7103**

Freephone: **0800 432 0422** or Text: **07958 299 496**

Email: **Wellbeing@gdaonline.co.uk**

How AHEAD can help you...



The AHEAD Adviser provides:

- **1-2-1 Wellbeing** information, advice, and support.
- **A safe space** to discuss your concerns and be listened to.
- **Advice and practical support** to help you cope while waiting for health and social care appointments.
- **Group learning sessions** to discover and try out new techniques – in person and online.
- **A 12-week self-management programme** to explore the use of self-help strategies to better manage mental distress, anxiety, low mood and trauma.
- **Peer support groups** to meet others and get mutual support from people with similar experiences.
- **Tools and techniques** for getting the best out of your appointments with health and social care professionals.

All support and activities are provided at no cost, with free transport, lunch and personal assistance provided.

Get the help and support you need:

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Talking through my fears really helped. I've learned lots of new ways to cope when I feel anxious.

I learned some great techniques that helped so much when I met with my consultant.

Regular calls from the Wellbeing Adviser have really helped my mental health. I feel more able to cope.

The learning courses are great. They get me out of the house and give me something to look forward to.

AHEAD can also support you to access other GDA services and activities that can help you:

- Fun learning sessions, events and courses.
- Welfare Rights to help maximise your income.
- Have your voice heard on things that matter to you.
- Get help to navigate and access social care support.





Glasgow Disability Alliance
Promoting Equality, Rights and Social Justice

GDA is run by disabled people, for disabled people. We have around 6000 members across Greater Glasgow. Membership is free.

You do not have to be a member to take part in activities or get help.

We provide a range of free and fully accessible learning, information and services that support disabled people across all aspects of their lives.

We support Glasgow City Council, the Scottish Government and others to include disabled people in policy, decision making and service design.

AHEAD is a new project for disabled people living in Glasgow who need wellbeing support while they wait for specialist health or social care treatment or support.

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Scottish Government
Riaghaltas na h-Alba
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Contact us via an online
Sign Language Interpreter
Contact Scotland BSL



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people at the centre