

## Contact details

**tel:** 0141 944 5490

**email:** [info@cope-scotland.org.uk](mailto:info@cope-scotland.org.uk)

**website:** [www.cope-scotland.org.uk](http://www.cope-scotland.org.uk)

### COPE

20 Drumchapel Road, Drumchapel  
Glasgow, G15 6QE

## Opening hours

9am - 5pm      Monday - Thursday

9am - 4pm      Friday

## Disabled access

Wheelchair users have access to a lift.

## Getting there

### **A No. 9 First bus will get you to COPE**

Get off the bus at the final stop (the train station) and cross the carpark - look out for five stairs. COPE is the first door as you come up the lane.

### **There is also a train station at Drumchapel**

When you come off the train, go over the bridge and follow the instructions above.

Our team of caring and experienced staff are qualified to offer a range of professional and confidential services, in friendly and relaxing surroundings.

Just call us on **0141 944 5490** to make an appointment, or check out our website:

**[www.cope-scotland.org.uk](http://www.cope-scotland.org.uk)**

Has something happened - maybe even a while ago - that has left you feeling as if you're not in charge of your life?

Do you think it would be a good idea to have a chat about things, but don't know who to turn to?

We would like to help...



**COPE**  
*it all starts with a healthy mind*

**“It is good to know there is a service like COPE to support victims of crime. Police officers who have attended ASIST and SMHFA training have also found this very valuable.”**

**Carol Baird, Inspector Strathclyde Police**



## Who we are

COPE is a registered charity supporting people (aged 16 and over) who suffer from mental illness or mental and emotional distress.

Established in 1991, COPE is a professional, confidential service which is focused on people's recovery.

COPE provide a significant service to GP's, a variety of statutory and voluntary agencies and to the people in the West Glasgow Community Planning Area.

We also provide direct support, training, advice and information on mental health and stress related issues.

All our work is highly planned, with a clear evidence base, and over the years our user-led methods have proved effective and have produced positive outcomes for a range of people.

## We work with a wide range of issues

- Depression
- Anxiety
- Bereavement
- Suicide
- Abuse (sexual, physical, emotional)
- Anger Management
- Stress
- Self-esteem & Motivation
- Mentoring
- Relationships
- Confidence
- Employability
- Life Coaching
- Relaxation



## Our facilities

COPE has dedicated training, counselling and relaxation rooms for groups or individual sessions...

Our training and seminar room caters for groups of up to 30 people, and a variety of workshops are on offer. Light refreshments can be supplied through on-site kitchen facilities.

We have 2 dedicated relaxation rooms, where clients can sit and relax in a massage chair, listen to music or watch a DVD of their choice.

A comfortable, open-plan seating area provides an informal setting for group discussions and meetings, however individual counselling rooms are available for private sessions.

**“COPE is an excellent local service based here in Drumchapel. It provides a high standard of professional service and it is highly valued by me as a GP because it offers a range of different services. It is also very easy to access and responds promptly...”**

**John Nugent GP**

