

Aberdeen Links Service

The Aberdeen Links Service, delivered by SAMH, aims to support local people to connect with their community and overcome life's challenges. Whether it is money worries, housing issues or social security problems, they give practical and emotional support that can change lives.

Aberdeen is one of the few places in Scotland that has a Link Practitioner in every single GP practice across the city. Link Practitioners are there to offer practical and emotional support with any non-clinical factors that may be impacting your health and wellbeing.

Your Link Practitioner will be able listen to what is affecting you, work with you to identify personal outcomes, support you to overcome any barriers you may be facing, and connect you with resources available in your community that may be able to help you overcome the issue you are experiencing.

Link Practitioners can support and refer individuals into a wide variety of local services which cover a range of different non-clinical topics. These include but are not limited to:

- Money management
- Benefit support
- Housing
- Food & Fuel Poverty
- Isolation
- Addiction
- Mental Health
- Local activities
- Carer support
- Employment help
- And many more...

If you think you would benefit from the Aberdeen Links service, please contact your GP practice and ask for a Links referral.

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AGILE (Aberdeen Guide to Independent Living & Enablement)

The information contained in this website is for anyone who wants to know about the help and support that's available in Aberdeen to enable you to stay as independent as possible in your own home.

<https://www.aberdeencityhscp.scot/our-delivery/agile/>