



Join us as a Trustee.

Make a Real Difference.

Be part of *the* mental health charity in Highland.

A Small Commitment. A Real Impact.



Joining our board as a trustee offers the rare opportunity to make a tangible, lasting impact on mental health across the Highlands.

Meaningful impact

You will help shape services that directly support individuals and families facing mental health challenges in both rural and urban communities.

Address rural mental health challenges

Mental health provision in the Highlands comes with unique barriers, those of distance, isolation, and access to services. This role allows you to contribute to innovative, community-led solutions that are tailored to these realities.

Strategic influence without operational burden

You'll play a key role in setting direction, ensuring strong governance, and supporting long-term sustainability while leaving day-to-day delivery to a dedicated team.

Be part of a passionate, purpose-driven organisation

You'll join a committed group of trustees and professionals who are deeply invested in improving mental wellbeing. There is a strong sense of collaboration, shared purpose, and mutual support at board level.

Develop your own skills and network

Opportunities to broaden your governance experience, strengthen leadership skills, and expand your network.

Help shape the future of mental health support

With growing awareness and demand for services, this is a pivotal time to be involved. You'll contribute to forward-thinking strategies that ensure support is accessible, inclusive, and responsive to evolving needs.

More than a governance role it's a chance to use your skills and experience to help build a healthier, more resilient Highland community.

Being a Centred Trustee



“ Serving as a trustee with Centred Scotland is a chance to make a real difference. By sharing your skills and experience you can help shape services that support thousands of people across the Highlands facing mental health challenges.

It's rewarding, impactful and a powerful way to give back to your community, whatever your background.

The Highlands has a significant mental health crisis. According to Scottish government figures, around 25% of the region's population experience a mental health problem each year and suicide rates are higher than the national average.

There are many organisations offering help, but they too need support. Centred offers a range of services from community-based support to people living in their own homes, to the innovative Recovery Centre in Inverness providing 24/7 assistance to residents. Its pioneering Discovery College in Inverness and Wick is a drop-in service with peer support without the need for a GP referral.

As a trustee, you can use professional and personal skills to help shape the organisation's future. You don't need a healthcare background. Experience in areas such as finance, marketing, HR, governance, or strategic planning can be just as valuable.

It's a unique opportunity to support an essential cause and gain personal fulfilment along the way. ”

John Ross



Get in Touch



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If you'd like to be part of a passionate, purpose-driven organisation in the Highlands, I'd love to hear from you.

David Brookfield
CEO, Centred Scotland



Centred Scotland Registered Charity SC003198. The largest mental health charity in the Highlands.