Adult Mental Health
Useful Apps, Helplines and Websites

NHS
Greater Glasgow and Clyde

INTRODUCTION

1 in 4 adults will experience mental health issues every year.

These mental health issues can range from general worries that are part of everyday life to more severe conditions like depression. Prevention and early intervention are vital, and recovery is possible with the right support and resources. It's therefore important that people are signposted quickly to the right support at the right time.

This document, while not exhaustive, gives a comprehensive overview of various helplines and websites that individuals and families can be signposted to.

Distress and Suicidal Thoughts

Some people find that talking with friends and family about their feelings can be a real source of support for coping with distress or suicidal thoughts. It might be helpful for them to map their support network, and think about people they could call if they are feeling suicidal. Other people may prefer to seek more professional support or call a helpline:

Breathing Space: A free helpline for individuals experiencing symptoms of low mood, depression, or anxiety, and offers free and confidential advice for individuals over the age of 16. Call **0800 83 85 87**, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.

NHS24 Mental Health Hub: Telephone advice and support on healthcare can be obtained from NHS24 by phoning **111;** the Mental Health Hub is open 24/7.

Samaritans: Provide confidential, non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. You can contact Samaritans free by phoning **116 123** or via email on **jo@samaritans.org.**

SHOUT: A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text SHOUT to **85258.**

Some people may find it difficult to cope and might think of ending their life. If you are concerned about an individual's mental health and wellbeing and feel they may be in distress, their Doctor should be their first point of contact. If it is out of hours, call 111. If you feel the individual is in immediate danger, please call 999 for assistance.

BEING A SUPPORTIVE TRUSTED ADULT

Talking to a supportive trusted adult is good for our mental health and wellbeing. Here are some tips to help you be that supportive, trusted adult:

Listen

Ask direct questions

Treat the person with dignity and respect

Offer emotional support and understanding

Encourage help seeking

Judge

Overreact

Dismiss their concerns

Rush to solve the problem

Tell them they are wrong to feel a certain way

Theme	Helplines	Useful Websites and Resources
General Mental Health and Wellbeing • Anxiety • Depression • Low mood • Self-harm • Sleep • Stress • Suicide	**BREATHING SPACE:** Call **0800 83 85 87.** Free confidential phone, WhatsApp, and web-based service for people experiencing low mood, depression, or anxiety. Weekdays: Monday-Thursday 6pm to 2am Weekend: Friday 6pm-Monday 6am. **CALM** (Campaign Against Living Miserably): free phone and WebChat support. Call free **0800 58 58 58**, 5pm–midnight, 365 days a year. **NHS LIVING LIFE** : Call **0800 328 9655:** A free telephone-based service for people over the age of 16 feeling low, anxious, or stressed. Mon-Fri 9am -9pm. **NHS24 Mental Health Hub**: Telephone advice and support on healthcare can be obtained from NHS24 by phoning 111; the Mental Health Hub is open 24/7. **SAMARITANS**: Call **116 123.** A free and confidential support to anyone, any age. **SHOUT** Crisis Text service also available 24/7 Text “YM” to **85258.**	**GLASGOW WELLBEING SERVICE**: offer a range of free downloaded A-Z self-help guides on many conditions including better sleep, low mood, self-esteem. Also provides a range of information sheets. **LIFESIGNS**: has a number of useful fact sheets that can be downloaded for free. **MIND TO MIND**: If you're feeling anxious, stressed, or low, or having problems sleeping or dealing with grief - find out how you can improve your mental wellbeing by hearing what others have found helpful. **NHSGGC MyAPP My MENTAL HEALTH**: for people looking for self-guided support on topics that can make daily life feel harder, but where you're still managing. It may be support for yourself or help for someone you know. **NHS INFORM SCOTLAND**: Surviving Suicidal Thoughts. Hear from people who have been there and come out the other side. **SELF-HARM SCOTLAND NETWORK:** Provide an online portal is to provide information and support for people who are living with self-harm aged 12+. Immediate support available via web-chat and recovery-focused tools, enabling people to support themselves and others. Provides useful information for the family and friends of people who experience self-harm, as well as professionals **STAYING SAFE**: If you’re struggling and you’re not sure if you want to live or die, can you, just for now hold off making this decision and keep reading the information and watch the videos for some ideas about how to get through. There may be things that you - and other people - can do to make things better. **SUICIDE PREVENTION SCOTLAND**: provides information and key links to a range of centralised resources to support people experiencing thoughts of suicide, those who are worried for someone else or for those who have been bereaved by suicide.

Theme	Helplines	Useful Websites and Resources
Alcohol, Drugs and Tobacco/Vaping	**ALCOHOLICS ANONYMOUS:** if you need help with a drinking problem, call free on Call free **0800 917 7650,** email **help@aamail.org** or ask any questions in the live chat box. **COCAINE ANONYMOUS SCOTLAND:** Call **0141 959 6363,** 7 days a week from 8.00 am to 11.00 pm. **CREW 2000**: If you need to chat, access Digital Drop-in by emailing **dropin@crew2000.org.uk**, or send a free text to **07860047501** for a call back **KNOW THE SCORE**: For support with drugs, call **0800 587 5879** or access the **webchat**, Mon-Fri 9.00am-9.00pm, Sat-Sun 10am-4pm. **NARCOTICS ANONYMOUS SCOTLAND:** for people needing support and advice about the nature of drug addiction. Open 10 am-midnight 7 days a week. Call: **0300 999 1212.** **SCOTTISH FAMILIES AFFECTED BY DRUGS AND ALCOHOL:** If you are concerned about someone else's alcohol or drug use, call **08080 101 011** Mon-Fri, 9:00am– 11:00pm.	**ALCOHOL CHANGE UK:** If you are worried about your own or someone else's drinking there is information and support available **COCAINE ANONYMOUS SCOTLAND:** Offers recovery to individuals struggling with addiction, following the twelve-step recovery programme. **CREW:** Helping people make positive choices about their use of cannabis, stimulant and other social drugs and sexual health. **KNOW THE SCORE**: Whether you've taken drugs, are thinking of taking them, or are just curious and want to know more, it's important to know the real facts about drugs. **NHSGGC ALCOHOL AND DRUGS RECOVERY SERVICES:** provides information on services across GGC. **NHS INFORM:** Information about **how to stop smoking**, **drugs and drug use**, and **drinking** **QUIT YOUR WAY:** Community service that offers free stop-smoking support throughout Greater Glasgow and Clyde. To find out more, call **0800 916 8858**
Bereavement	**CRUSE BEREAVEMENT SUPPORT:** Available Monday, Wednesday, Thursday, and Friday 9.30 am - 5.00 pm, Tuesday 1.00 pm-8.00 pm **0808 808 1677.** Closed Saturday and Sunday. **MARIE CURIE SCOTLAND**: free helpline to anyone affected by the death of the loved one at any time in their life. Call **0800 090 2309** Mon-Fri 8am - 6pm and Sat-Sun 10am – 4pm. Email **support@mariecurie.org.uk** aim to answer emails within 48 working hours.	**AT A LOSS:** provide bereavement signposting across the UK. **THE GRIEF TRUST:** bereavement support, information, and signposting. **NHSGGC BEREAVEMENT SUPPORTS:** provides lots of helpful information on the practical issues and signposts to a range of other organisations and supports.

Theme	Helplines	Useful Websites and Resources
Carers	**CARERS UK HELPLINE**: is available on **0808 808 7777** from Monday to Friday, 9am – 6pm.	**CARERS SCOTLAND:** Part of Carers' UK which provides information and advice and links to carers' centres across Greater Glasgow and Clyde. Section on website for professionals.
Criminal Justice	**FAMILIES OUTSIDE** : Provides help, information and support for families affected by imprisonment. Call: **0800 254 0088** Mon - Thurs 10am - 4pm **VICTIM SUPPORT SCOTLAND**: Free and confidential support for anyone affected by crime. Support helpline | Mon-Fri, 8am-8pm, Sat & Sun 10am-4pm, **0800 160 1985.**	**FAMILIES OUTSIDE:** works solely on behalf of families in Scotland affected by imprisonment. **VICTIM SUPPORT SCOTLAND:** provides victims and witnesses with free confidential, emotional and practical support, and information about the criminal justice system.
Disablilty	**GLASGOW DISABILITY ALLIANCE**: Support for disabled people and those living with long term conditions. Call **0141 556 7103** or Freephone **0800 432 0422** or Text **07958 299 496.**	**SCOTTISH DISABILITY DIRECTORY** - Contact details for disability organisations and support groups across the UK. **GLASGOW DISABILITY ALLIANCE**: Support for disabled people and those living with long term conditions. **NHS GREATER GLASGOW AND CLYDE:** Information on disability support and resources.

Theme	Helplines	Useful Websites and Resources
Domestic Violence and Gender Based Violence	**DOMESTIC ABUSE AND FORCED MARRIAGE/GBV:** For anyone needing support for domestic abuse as well as family members, this is a confidential, sensitive service for anyone to call. You can speak to a professional in your preferred language: Call **0800 027 1234,** 24/7 365 days a year. **GALOP:** Domestic Abuse Helpline **0800 999 5428** offering emotional and practical support for LGBT+ people experiencing domestic abuse. Mon, Tues, 9.15am to 8.00pm, Wed, Thurs, Fri, 9.15am - 4.30pm. Closed on weekends. **GLASGOW & CLYDE RAPE CRISIS HELPLINE:** Support women and girls who have experienced rape or sexual violence. Call **08088 00 00 14**. 11.00am-2.00 pm Monday to Friday and 5.30 pm - 7.30 pm Monday to Wed. **RAPE CRISIS SCOTLAND:** Call: **08088 01 03 02** or Text: **07537 410 027** offers confidential short-term, crisis and initial support. Open 7 days, 5pm - midnight. Support people of all genders living in Scotland aged 13+ who have been affected by sexual violence. **RESPECT MEN'S HELPLINE:** for male victims of domestic abuse. Call **0808 8010327** Mon - Fri 10am - 5pm or visit the **webchat service,** Mon-Fri 9am - 10am. **REVENGE PORN HELPLINE**: a service dedicated to providing expert support for adult victims of intimate image abuse. Call **0345 6000 459***(charges apply), open from 10 am to 4 pm, Monday to Friday excluding bank holidays.	**DOMESTIC ABUSE AND DISCLOSURE SCHEME FOR DOMESTIC ABUSE IN SCOTLAND:** Information about domestic abuse, how to report if you know someone is a victim, support you can receive and a message to perpetrators. **SCOTTISH WOMEN'S AID**: offers a range of information, resources and support for women experiencing domestic abuse and for professionals working with them. **LGBT DOMESTIC ABUSE SCOTLAND:** providing support and advice to LGBT people and professionals.

Theme	Helplines	Useful Websites and Resources
Eating Disorders and Disordered Eating	**BEAT:** Get free telephone and email support for friendly, non-judgmental advice and support for eating disorders and disordered eating. Call **0808 801 0432,** open from 3pm - 8pm, Mon-Fri. **Webchat** available Or get in touch via email at **scotlandhelp@beateatingdisorders.org.uk.**	**BEAT:** provides information and resources for those suffering with eating disorders and disordered eating and for those who are supporting them. **NHS INFORM:** Information from NHS Inform on coping with an eating disorder.
Ethnically Diverse Communities	**AMINA HELPLINE**: Call **0808 801 0301** Mon-Fri 10am-4pm, provide a listening ear and signposting services for Muslim women across Scotland. **SCOTTISH REFUGEE COUNCIL HELPLINE**: Call free **0808 1967 274,** Mon - Fri 9am - 5pm. Confidential information and advice on refugee and asylum issues. **TOMMY'S MIDWIVES HELPLINE FOR BLACK AND BLACK MIXED HERITAGE WOMEN**: supports with any aspect of your pregnancy journey. Call **0800 0147 800.** The midwives will also answer your questions by email on **midwife@tommys.org.** Please note this is a non-urgent line, offering general support and advice. It will not be able to make local referrals for you. **Tommy's Midwives Helpline**	**MECOPP:** shares information on the range of services across Scotland supporting ethnically diverse communities. **THE SCOTTISH REFUGEE COUNCIL:** a charity dedicated to supporting people in need of refugee protection. **WEST OF SCOTLAND REGIONAL EQUALITY COUNCIL:** Based in Glasgow and provide services to diverse minority ethnic groups across 12 local authorities in the West of Scotland.

Theme	Helplines	Useful Websites and Resources
Financial Inclusion	**CITIZENS ADVICE SCOTLAND MONEY TALK TEAM:** can help you maximise your income by providing free money and debt advice. Everyone's situation is unique but experience shows us there are ways to improve people's finances to help with the increased cost of living. **Call 0800 085 7145.** **NATIONAL DEBT HELPLINE:** Call **0808 808 4000,** or **Chat online**: message live with an expert adviser Mon-Fri 9am-8pm , Saturday 9.30am-1.00pm. Closed Sundays.	**COST OF LIVING CAMPAIGN:** information on help and resources available in Scotland during the cost of living crisis. **FOOD BANKS**: information about independent food banks in your area. Some of these will require a referral voucher and some won't. **MENTAL HEALTH AND MONEY ADVICE:** Clear, practical advice and support for people experiencing issues with mental health and money. **STEP CHANGE:** A free debt advice service, helping individuals to deal with their debt and set up a solution.
Gambling	**GAMBLERS ANONYMOUS SCOTLAND:** support for anyone who has a desire to stop gambling. A 24-hour helpline available call **0370 050 8881**.	**NHS INFORM PROBLEM GAMBLING:** useful information on signs, effects and causes of problem gambling and supports available.
Housing	**SHELTER SCOTLAND:** Confidential advice helpline, call **0808 800 4444**, weekdays 9.00am - 5.00pm.	**SHELTER SCOTLAND:** Housing advice, support and legal services
Infant and Maternal Mental Health	**THE PANDAS FOUNDATION**: **Bookable support call service** for parents and their networks who need support with Perinatal Mental Illness. **CRY-SIS:** Support for crying and sleepless babies. Provides a telephone helpline **0800 448 0737.** Lines open 7 days a week 9.00am-10pm **CHILDREN FIRST**: Call the support line on **08000 28 22 33**, Monday to Friday, 9.00am - 9.00pm and weekends, 9.00am – 12.00pm. **TOMMY'S HELPLINE:** For anyone who needs advice, reassurance, or support on pregnancy, any aspect of pregnancy loss, including mental health. Call free **0800 0147 800** Monday to Friday 9.00 am - 5.00 pm.	**INSPIRING SCOTLAND DIRECTORY:** a directory of Third Sector Perinatal Mental Health services across Scotland that are accepting referrals. **THE VILLAGE:** a digital community for expectant and new parents with care experience.

Theme	Helplines	Useful Websites and Resources
Lesbian, Gay, Bi-sexual and Transgender	**LGBT HELPLINE:** Provide information and emotional support to LGBT+ people, their families and friends. Call **0800 464 7000** Tuesdays, Wednesdays, Thursdays (12-9pm) & Sundays (1-6pm).	**LGBT HEALTH AND WELLBEING:** working to improve the health and wellbeing and equality of lesbian, gay, bisexual and transgender people in Scotland. **STONEWALL SCOTLAND:** Information and support for LGBTQ+ communities.
Loneliness and Isolation	**AGE SCOTLAND:** Call **0800 12 44 222**. Free confidential service for older people, their carers and families. Mon-Fri 9am-5pm. **THE SILVER LINE**: free helpline for older people open 24 hours a day, 365 days a year. Call **0800 4 70 80 90.**	**MIND**: provides tips to manage loneliness. **AGE UK**: provides information on a range of health and wellbeing topics, including mental health. **THE MARMALADE TRUST**: Raising awareness of loneliness and supporting people to connect.
Long Term Conditions	**ASTHMA + LUNG UK:** Speak to an expert for help with your condition, call **0300 222 5800,** Mon-Fri 9am - 5pm. **DIABETES SCOTLAND**: helpline (charges apply) **0141 212 8710**, Monday–Friday, 9am–6pm or email **helpline.scotland@diabetes.org.uk** **EPILEPSY SCOTLAND**: free confidential helpline that provides information and emotional support to anyone affected by epilepsy. Call **0808 800 2200,** Monday – Friday, 10am to 4:30pm (excluding some public holidays). **VERSUS ARTHRITIS**: Advisors offer tailored support, guidance, and information for over 200 musculoskeletal conditions. Call free **0800 5200 520** Mon-Fri, 9am-6pm.	**NHS INFORM**: Scotland's national health information service helping the people in Scotland to make informed decisions about their own health and the health of the people they care for.
Relationships	**THE RELATIONSHIP HELPLINE**: when you need someone to talk to about a relationship problem. Freephone **0808 802 2088**, Mon- Thurs 10am-7pm, Fri 10am-4pm.	**NHS INFORM:** Information from NHS Inform on healthy relationships. **RELATE:** offers blogs, resources, books, and self-help tools for just about every relationship problem out there.

APPS	DETAILS	ACCESS
Calm Harm	Worried about self-harm? An app that helps you manage or resist the urge to self-harm.	Download free on the App Store or Google Play: Home - **https://calmharm.stem4.org.uk/**
Daylight	For people who are feeling worried or anxious. You can learn proven tools and techniques to get out of your head, face difficult emotions, and be more present. Free for anyone aged 18+ who lives in Scotland. First part of postcode is required when you sign up.	Download free on the App Store or Google Play: **Daylight (trydaylight.com)**
distrACT	Provides trusted information and links to support for people who self-harm and may feel suicidal. Also includes eating disorders, student mental health and Crers mental health.	Download free on the App Store or Google Play: **distrACT app - Expert Self Care**
Mood Tools	Feeling sad or depressed? Lift your mood with MoodTools for free.	Download on the App Store or Google Play **MoodTools - Feeling sad or depressed? Lift your mood with free, evidence-based tools**.
Sleepio	An online sleep improvement programme which delivers tailored and engaging advice, 24/7.	Download free on the App Store or Google Play: **Sleepio | Can't sleep? (bighealth.com)**
Stay Alive	Provides useful information and tools to help you stay safe in a crisis.	Download free on the App Store or Google Play **StayAlive - Essential suicide prevention for everyday life**: .

Prepared by and updated by Michelle Guthrie and Laura Hills on behalf of NHSGGC Mental Health Improvement Team - Revised May 2026