

## **Adult Mental Health Resources and Supports**

### **Websites**

**Heads Up:** offers mental health advice and information on mental health conditions, about how you can support yourself or the people you care for, the services available to you and the range of interventions [Heads Up - Mental Health Support - NHSGGC](#)

**Heads Up (British Sign Language):** this webpage is specifically for BSL users whose preferred method of communication is using sign language [Heads Up BSL - NHSGGC](#)

**LGBT Health and Wellbeing:** working to improve the health and wellbeing and equality of lesbian, gay, bisexual and transgender people in Scotland  
[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)

**NHS Greater Glasgow and Clyde Mental Health Improvement Team:** hosts a range of downloadable information [Mental Health Improvement - NHSGGC](#)

**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. <https://stayingSAFE.net/>

### **Helplines**

**Breathing Space:** Call **0800 83 85 87**. A free confidential phone and web based service for people experiencing low mood, depression or anxiety. 16+. Mon-Thurs 6pm – 2am and weekends Friday 6pm to Monday 6am

**Domestic Abuse and Forced Marriage /Gender Based Violence:** 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** open 24/7

**LGBT Health & Wellbeing Scotland:** offer support with all kinds of issues as well as sexual orientation and gender identity. Call **0300 123 2523**, open Tuesday & Wednesday between 12 - 9pm, Thursday & Sunday 1-6pm

**National Bullying Helpline:** call **0845 22 55 787** (call charges apply) provides practical help and advice for children and adults dealing with bullying at school or work

**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 1pm -9pm

**Samaritans:** call **116 123**. A free and confidential support to anyone, any age. Open 24 hrs, 7 days a week