

Adult Mental Health Resources and Supports

Websites & Resources

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. [Mind to Mind](#)

NHS Greater Glasgow and Clyde Mental Health Improvement Team: hosts a range of downloadable information and resources to support adult mental health and wellbeing. [Mental Health Improvement - NHSGGC](#)

NHS Right App Right Decisions: collection of resources to help support people to manage their mental health and wellbeing. [MyApp: My Mental Health | Right Decisions](#)

Self-Harm Network Scotland: Provide an online portal is to provide information and support for people who are living with self-harm aged 12+. Immediate support available via webchat 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. [Home - Self-Harm Network Scotland Penumbra](#)

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/>

Suicide Prevention Scotland: Support and information for anyone affected by suicide. [Home - Suicide Prevention Scotland](#).

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.

HOPELINE 24/7: for children and young people under the age of 35 who are experiencing thoughts of suicide. Call: **0300102 2470** Text HOPE to **88247** or email pat@papyrus-uk.org

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

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

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