



Adult Mental Health Resources

Theme	Name of Resource	Description	How to access
Tackle underlying determinants and promote equity	The Mental Health Foundation	Provides a range of information and guidance on mental health through the life course. It challenges mental health inequalities resources and tools to support mental health and focus on issues that create high risk.	www.mentalhealth.org.uk
	Health Scotland	Provides information on mental health key facts, inequalities, policy and training.	http://www.healthscotland.scot/health-topics/mental-health-and-wellbeing
Promote positive attitudes, challenge stigma and discrimination	See Me	Scotland's programme to tackle mental health stigma and discrimination. This website hosts a range of information, resources and access to a free e-learning module for managers and staff support to help create a working environment where people feel safe and able to talk openly about mental health and will be supported and where possible will stay well and in work.	www.seemescotland.org/
Respond better to distress	Choose Life	Choose life is the suicide prevention strategy for Scotland. This website hosts a range of resources and information on training courses available across NHS G&C.	www.chooselife.net
Promote wellbeing for people with long term conditions	Scottish Recovery Network	Recognises that people can and do recover from serious and long term mental health problems. SRN aims to raise awareness and promote the issue of recovery. Hosts a range of information on what recovery is and supporting resources to support this.	https://www.scottishrecovery.net/

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Promote wellbeing and resilience with people in communities	Scottish Association for Mental Health	Operates in communities to provide a range of mental health support and services. Provides details on a number of services and organisations that can offer support with mental ill health.	https://www.samh.org.uk
Promote wellbeing and resilience through work	Healthy Working Lives	Provides information and guidance on simple cost effective ways in which employers can support employees, from policy development to free on line training.	https://www.healthyworkinglives.scot/Pages/default.aspx
Sleep	Mood Juice	Provides information on sleep problems and how to learn skills to cope with them	http://www.moodjuice.scot.nhs.uk/SleepProblems.asp
	Wellbeing Glasgow	Downloadable self help booklet to help those with trouble sleeping.	http://wellbeing-glasgow.org.uk/trouble-sleeping/
Loss and Grief	NHSGG&C Bereavement Services and Resources	Provides information on NHSGG&C bereavement services and resources and details of other local and national services and resources.	http://www.nhsggc.org.uk/your-health/health-services/bereavement-services/bereavement/# http://www.sad.scot.nhs.uk/bereavement/
	Cruse	Promotes the wellbeing of bereaved people and offers support to anyone experiencing bereavement to help them understand their grief and cope with their loss	http://www.crusescotland.org.uk/
Loneliness and Isolation	Mind	Provides information on what loneliness is, gives practical suggestions and where to go for support.	https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/#.WzNcZLepXow
	NHS Choices	Provides information on ways to overcome loneliness for older people.	https://www.nhs.uk/conditions/stress-anxiety-depression/loneliness-in-older-people/
Maternal Health	Panda Foundation	Support for families suffering prenatal/antenatal and post natal illnesses. Offers a variety of support services including helpline and social media platforms.	http://www.pandasfoundation.org.uk/
	Best Beginnings: Out of the Blue	Resources to give parents of all backgrounds the knowledge and confidence they need to look after their own mental and physical health and to maximise their child's development.	https://www.bestbeginnings.org.uk/out-of-the-blue

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Helplines	NHS Living Life	Living Life is a free phone service offering therapy for anyone over 16 years of age with: <ul style="list-style-type: none"> • low mood • mild to moderate depression • anxiety Your GP can refer or you can call for a self assessment.	Free phone 0800 328 9655 or visit https://www.nhs24.scot/our-services/living-life/
	Samaritans	Call free any time, from any phone available 24 hours a day, 365 days a year. If you need a response immediately, it's best to call on the phone. You don't have to be suicidal to call.	Free phone 116 123
	Breathing Space	Don't let problems get out of hand, phone Breathing Space, where experienced advisors will listen and offer information and advice.	Free phone 0800 838 587