

**Adult Mental Health
Useful Websites and Helplines**



INTRODUCTION

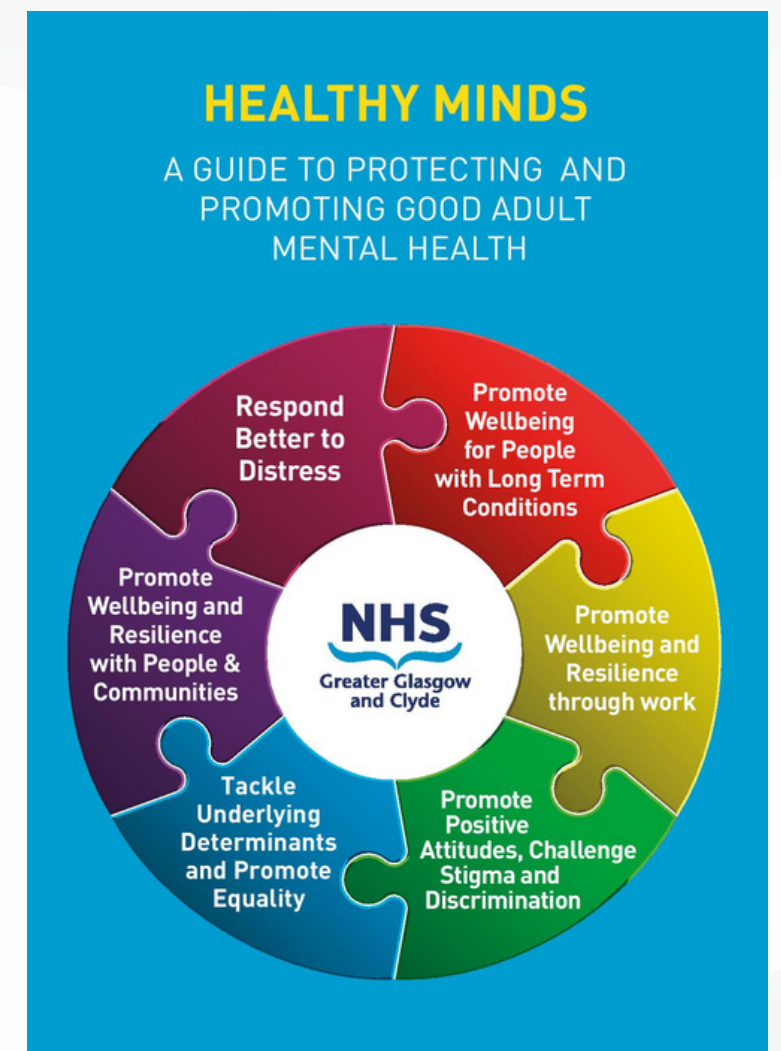
Mental health problems range from the general worries and grief we experience as part of everyday life to the most desolate like depression. It is reported that 1 in 4 adults will experience mental health issues in any given year. Many of these mental health problems are mild and temporary and often manageable with help from supportive trusted friends, families and colleagues. Prevention and early intervention is vital and recovery is possible with the right support and resources. For some, support may be required from an organisation who specialises in the area that is impacting on their mental health for example, bereavement or becoming a new parent. It is important that those requiring support have a range of early intervention options and be signposted quickly to resources appropriate to their needs. This document whilst not exhaustive, provides a comprehensive offer of various helplines and websites that can be used to signpost individuals and their families 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 their feeling suicidal. Other people may prefer to seek more professional support or call a helpline such as Breathing Space, Samaritans or Shout

- Breathing Space **0800 83 85 87**
- Samaritans **116 123**
- SHOUT Text SHOUT to **85258**

For some people they may be finding it difficult to cope and may 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 you feel the individual is in immediate danger please call 999 for assistance



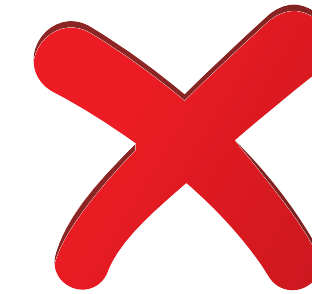
BEING A SUPPORTIVE TRUSTED ADULT

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

General Mental Health and Wellbeing

- Anxiety
- Depression
- Low mood
- Sleep
- Stress
- Suicide

ANXIETY UK: offer support, advice and information on all anxiety, stress and anxiety-based depression conditions. Call **03444 775 774** (charges may apply) Open 9.30am – 5.30pm, Monday – Friday (except bank holidays)

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 – 2pm and weekends Friday 6pm to Monday 6am

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

PAPYRUS HOPELINE UK: free helpline for children and young people under age 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide. Call **0800 068 41 41** or Text: **07860039967**. Open weekdays, 9am -10pm, weekends and bank holidays 2pm – 10pm

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**

CLEAR YOUR HEAD: aims to help people cope during the coronavirus pandemic, Shares practical advice and steps people can take to look after their mental health and wellbeing www.clearyourhead.scot

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 [Glasgow | Wellbeing Services | NHS \(wellbeing-glasgow.org.uk\)](http://Glasgow | Wellbeing Services | NHS (wellbeing-glasgow.org.uk))

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 www.headsup.scot

NHS INFORM SCOTLAND: will give you all the advice you need to keep yourself safe NHS inform Scottish health information you can trust | NHS inform

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://staying-safe.net/>

Theme	Helplines	Useful websites
<p>Addictions</p>	<p>ALCOHOLICS ANONYMOUS: if you need help with a drinking problem call free on 0800 9177 650</p> <p>GAMBLERS ANONYMOUS SCOTLAND: support for anyone who has a desire to stop gambling. A 24 hour helpline available call 0370 050 8881</p> <p>NARCOTICS ANONYMOUS SCOTLAND: for people needing support and advice about the nature of drug addiction. Open 10am- midnight 7 days a week. Call: 0300 999 1212</p> <p>SCOTTISH FAMILIES AFFECTED BY DRUGS AND ALCOHOL: If you are concerned about someone else's alcohol or drug use, call 08080 101 011 Open 9am-11pm weekdays and a call-back service on weekends</p>	<p>NHSGG&C ALCOHOL AND DRUGS RECOVERY SERVICES: provides information on services across GGC www.nhsggc.org.uk</p>
<p>Bereavement</p>	<p>BEAUTIFUL INSIDE AND OUT: A Scottish registered charity, supporting bereaved parents and siblings of suicide victims. Call 07984328808</p> <p>BEREAVEMENT TRUST HELPLINE: Available 6pm-10pm every evening. Call 0800 435 455</p> <p>CALEDONIA CREMATION: free emotional, support helpline offering support to bereaved people across Scotland. Call 03000 11 33 01, open Monday – Friday, 9am -5pm.</p> <p>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</p>	<p>NHSGG&C BEREAVEMENT SUPPORTS: provides lots of helpful information on the practical issues and signposts to a range of other organisations and supports www.nhsggc.org.uk</p>

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<p>Black, Asian and Minority Ethnic, Asylum Seekers, Refugees</p>	<p>AMINA HELPLINE: Call 0808 801 0301 Mon-Fri 10am-4pm, provide a listening ear and signposting services for Muslim women across Scotland</p> <p>National Helpline: Free phone 0800 111 4000 provides essential assistance to those who don't have a network of support but who are at high risk of contracting COVID-19. Open 9.00am to 5.00pm, Monday to Friday</p>	<p>RETHINK MENTAL ILLNESS: provides mental health information for those from a BAME background. <u>Black Asian and Minority Ethnic (BAME) mental health (rethink.org)</u></p> <p>SAHELIYA: a specialist mental health and wellbeing support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) <u>www.saheliya.co.uk</u></p> <p>THE SCOTTISH REFUGEE COUNCIL: a charity dedicated to supporting people in need of refugee protection <u>www.scottishrefugeecouncil.org.uk</u></p>
<p>Carers</p>	<p>CARERS UK HELPLINE: is available on 0808 808 7777 from Monday to Friday, 9am – 6pm</p>	<p>CARERS SCOTLAND: part for Carers' UK which provides information and advice and links to carers' centres across Greater Glasgow and Clyde. Section on website for professionals <u>www.carersuk.org/scotland</u></p>
<p>Criminal Justice</p>	<p>FAMILIES OUTSIDE : Provides help, information and support for families affected by imprisonment Helpline: 0800 254 0088 or Text FAMOUT to 6077</p>	<p>FAMILIES OUTSIDE: works solely on behalf of families in Scotland affected by imprisonment <u>https://familiesoutside.org.uk</u></p>
<p>Disability</p>	<p>GLASGOW DISABILITY ALLIANCE: Support for disabled people and those living with long term conditions. Call 0141 556 7103 or Text 07958 299 496</p>	<p>GLASGOW DISABILITY ALLIANCE: Support for disabled people and those living with long term conditions <u>Glasgow Disability Alliance • Confident, Connected, Contributing (gda.scot)</u></p> <p>NHS GREATER GLASOW AND CLYDE@ hosts useful information on disability support and resources <u>NHSGGC : Support and Resources</u></p>

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<p>Domestic Violence and Gender Based Violence</p>	<p>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 08000271234 or email helpline@sdafmh.org.uk</p> <p>GALOP: A National LGBT+ Domestic Abuse Helpline 0800 999 5428 offering Emotional and practical support for LGBT+ people experiencing domestic abuse. Mon-Fri 10am – 5pm, Wed-Thurs 10am – 8pm</p> <p>RESPECT MEN'S HELPLINE: for male victims of domestic abuse. Mon-Fri 9am-8pm, Sat-Sun 10am-12pm & 4pm-6pm</p> <p>ROSEY PROJECT: support for girls aged 13-25 who have experienced sexual violence. Call freephone helpline 08088 00 00 14, 7 days a week 11am-2pm Mon-Thurs , 5.30pm-7.30pm</p> <p>THE NATIONAL RAPE CRISIS: Freephone 08088 01 03 02, every day, 6pm-Midnight</p>	<p>NHSGGC Gender Based Violence and Human Trafficking: offers information on supports available across Greater Glasgow and Clyde www.nhsggc.org.uk</p>
<p>Eating Disorders</p>	<p>BEAT: Get free telephone or email support for friendly, non-judgmental advice regarding an eating disorder or supporting someone with an eating disorder. Call 0808 801 0432 or email scotlandhelp@beateatingdisorders.org.uk The helpline is open 365 days a year 9am-midnight Monday to Friday and 4pm-midnight at weekends and bank holidays</p>	<p>BEAT: provides information and resources for those suffering with an eating disorder and for those who are supporting them www.beateatingdisorders.org.uk</p>

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<p>Lesbian, Gay, Bi-sexual and Transgender</p>	<p>LGBT HELPLINE: Provide information and emotional support to lesbian, gay, bisexual and transgender people , their families and friends. Call 0300 123 2523 Tues-Wed 12pm – 9pm, Thurs 1pm – 6pm & Sunday 1pm-6pm</p>	<p>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</p>
<p>Loneliness and Isolation</p>	<p>AGE SCOTLAND: Call 0800 12 44 222. Free confidential service for older people, their carers and families. Mon-Fri 9am-5pm</p> <p>THE SILVER LINE: free helpline for older people open 24 hours a day, 365 days a year. Call 0800 4 70 80 90</p>	<p>MIND : provides tips to manage loneliness www.mind.org.uk</p> <p>AGE UK: provides information on a range of health and wellbeing topics including mental health www.ageuk.org.uk/scotland</p>
<p>Long Term Conditions</p>	<p>ASTHMA UK: Speak to an asthma expert nurse on their helpline 0300 222 5800</p> <p>BRITISH LUNG FOUNDATION: helpline available 03000 030 555, Mon – Fri 9am – 5pm calls cost as local call</p> <p>DIABETES SCOTLAND: Call 0141 212 8710*, Monday–Friday, 9am–6pm or email helpline.scotland@diabetes.org.uk Confidential helpline (charges apply) that can provide information about the condition and take time to talk through and explore emotional, social, psychological or practical difficulties</p> <p>EPILEPSY SCOTLAND: provide a free confidential helpline that provides information and emotional support to anyone affected by epilepsy. Call 0808 800 2200, Mon-Fri 9.30am -4.30pm</p>	<p>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 www.nhsinform.scot</p>

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<p>Maternal and Paternal Mental Health: refers to the parent's mental health during pregnancy and the first year after birth</p>	<p>THE PANDAS FOUNDATION: Free helpline call 0808 1961 776 open Monday to Sunday 9am – 8pm, to parents and their networks who need support with Perinatal Mental Illness.</p> <p>CRY-SIS: Support for crying and sleepless babies. Provides a telephone helpline 08451 228 669 (charge attached). Lines open 7 days a week 9am-10pm. Website offers information on how to cope with sleepless/or crying babies. https://www.cry-sis.org.uk/</p>	<p>FATHERS NETWORK SCOTLAND: works to increase fathers' involvement in the life of their children. www.fathersnetwork.org.uk</p> <p>MATERNAL MENTAL HEALTH SCOTLAND: provides information to women affected by perinatal mental health issues, their partners, families and the general public. Welcome to Maternal Mental Health Scotland</p> <p>NHS INFORM: LGBT+ Paths to Parenthood information if you are having a baby Having a baby if you are LGBT+ - NHS (www.nhs.uk)</p> <p>RAINBOW FAMILIES: Events, information and support for LGBTQI families Rainbow Families – LGBT Health and Wellbeing</p>
<p>Relationships</p>	<p>THE RELATIONSHIP HELPLINE: when you need someone to talk to about a relationship problem. Freephone 0808 802 2088, Mon-Thurs 9am - 9pm Fri 9am -4pm</p>	<p>RELATE: provides useful information on relationships and mental health Mental health and wellbeing Relate</p>
<p>Self Harm</p>	<p>CALM (Campaign Against Living Miserably: provide free phone and WebChat support 5pm - Midnight daily: Call free 0800 58 58 58</p> <p>SAMARITANS: A free and confidential support to anyone, any age. Call free 116 123</p> <p>SELF INJURY UK: : For women of any age or background affected by self-injury, whether their own or that of a friend or family member. Call 0808 800 8088, open Tuesday, Wednesday and Thursday, 7pm – 9.30pm</p>	<p>HEADS UP: provides information on self harm and includes advice and tips on ways people can get help www.headsup.scot</p> <p>LIFESIGNS: has a number of useful fact sheets that can be download for free www.lifesigns.org.uk</p>