

Mental Health Improvement Team Snippet

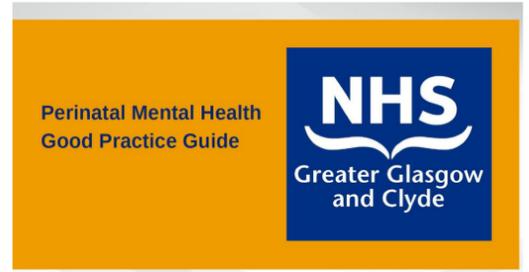
April 2022



Mental Health Week: 9th - 15th May Loneliness

PERINATAL AND INFANT MENTAL HEALTH

Many parents find that their relationships and friendships change during and after pregnancy, which can make them feel lonely and isolated. Our **Perinatal Mental Health Good Practice Guide** is a useful resource for staff to help support new and expectants mental health during the perinatal period. Click on the image to download.



CHILDREN AND YOUNG PEOPLE

Loneliness – Finding our connections to feel less lonely School Pack. Developed by the Mental Health Foundation, this pack explores what loneliness is, how it can affect our mental health, and the different ways we can connect with ourselves, others and the world around us to feel less lonely. Click on the image to download.

ADULTS

The **Healthy Minds Loneliness and Isolation Session** is a basic awareness session that can be used by anyone, no training required. A simple resource to raise awareness and understanding of loneliness and isolation and strategies to tackle them. Click on image to download.



The **British Red Cross** provides a range of useful information on loneliness from understanding it, symptoms, how to cope and getting support. Click on image to find out more.



CAMPAIGNS

The Campaign to End Loneliness believe that people of all ages need connections that matter. It supports organisations who want to tackle loneliness the latest research, opportunities to meet through events, and regular information to share the motivation and momentum behind this issue. Click on the image to find out more.



HELPLINES

Pandas Foundation: Call free **0808 1961 776** open Monday to Sunday 9am – 8pm, to parents and their networks who need support with Perinatal Mental Illness



Childline: available via phone or online. Or children and young people can try getting support from other young people on their message boards www.childline.org.uk or call free on **0800 1111**

talktime Scotland: provide free counselling and emotional support to young people aged 12-25 with a physical disability and long term health conditions living in Scotland. Email talktimescotland@gmail.com or call/text **0774 210 104**



Age Scotland: for older people providing information, friendship and advice. Call free Mon-Fri 9am – 5pm **0800 12 44 222**

British Red Cross Connecting with You Service: helping you reconnect with your local community call **0300 30 36 077** between 10am – 4pm, Monday to Friday



The Silver Line: free helpline for older people open 24 hours a day, 365 days a year. Call **0800 4 70 80 90**

Samaritans: Call free **116 123**. A confidential support to anyone, any age

