

Healthy Minds

Mental Health and Wellbeing Supports

We all have mental health and like our physical health, we need to give it the care and attention it needs

All organisations provide a range of free supports to suit the needs of individuals. Referrals can be self or professional

Glasgow City

LIFELINK

☎ 0141 552 4434

🌐 www.lifelink.org.uk

Renfrewshire

Recovery Across Mental Health

☎ 0141 847 8900

🌐 www.ramh.org

West Dunbartonshire

Stepping Stones

☎ 0141 941 2929

🌐 www.stepstones.org.uk

East Dunbartonshire

East Dunbartonshire Association For Mental Health

☎ 0141 955 3040

🌐 www.edamh.org.uk

Inverclyde

Safe Harbour

☎ 01475 892 197

🌐 www.safeharbour.org.uk

East Renfrewshire

Recovery Across Mental Health

☎ 0141 881 8811

🌐 www.ramh.org

Top Tips

TOP TIPS FOR LOOKING AFTER YOUR MENTAL HEALTH

1 in 4 of us will experience issues with our mental health in any given year

Be Open and Honest

About how you are feeling with your partner, family, friends, work colleagues

It's ok not to be ok

Talking

Talking to a supportive trusted adult is good for our mental health. If you feel things are building up and your support strategies are not having the desired impact talk to your doctor

Staying Connected

Make sure you stay connected to family and friends or find out what is available in your community to provide social contact with others

Looking After Yourself

Take care of yourself and have some 'me' time to do the things you enjoy. Stay active and eat a balanced diet

Useful Websites and Telephone

Samaritans: ☎ 116 123

Breathing Space: ☎ 0800 838 587

NHS Living Life: ☎ 0800 328 9655

Heads Up: 🌐 www.headsup.scot

Still Concerned

If you are concerned about an individual's mental health and wellbeing and feel they may be in distress, their Doctor should be the first point of contact, if you feel the individual is in immediate danger please call 999