

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 deserves.

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

The Anchor

✉ support@anchor-scio.co.uk

🌐 www.linktr.ee/theanchorscio

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

Open up about how you are feeling with your partner, family, friends and work colleagues.

It's ok not to be ok.

Talking

Talk to a supportive adult, it's good for our mental health. If you feel things are building up and your support strategies are not having the desired impact then 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.

Useful Apps, Websites and Helplines

 Samaritans: 116 123

 Breathing Space: 0800 838 587

NHSGGC MyApp My Mental Health:
 <https://rightdecisions.scot.nhs.uk/myapp-my-mental-health/>

Mind to Mind:
 www.nhsinform.scot/mind-to-mind/

Still Concerned?

REMEMBER 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 or phone NHS 24 on 111 (Mental Health Hub).

If you feel the individual is in immediate danger please call **999**.