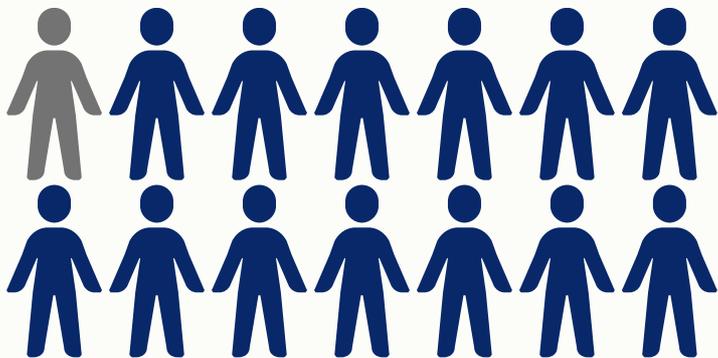


# Stress Awareness Month

April 2023



1 in 14 adults feel stressed every day.

16%

Of adults who experienced stress, had self-harmed.

26%

Of children surveyed in Scotland said they worry about their family having enough money to live comfortably.

32%

Of adults who experienced stress, reported they had experienced suicidal thoughts and feelings.

£8.13bn

Is around the cost to the UK for inpatient hospital admissions caused by stress-related illnesses.

Sources: Stress Statistics UK | 2023 Data | Champion Health & Report: Brighter future ahead? | Action For Children

## Apps to Help Manage Stress

Click on images to download information



For people who are feeling worried or anxious. There are a range of tools and techniques that can help support you when facing difficult situations and to be more present.' Free for anyone aged 18+ who lives in Scotland. First part of postcode is required when you sign up.

Download free on the App Store or Google Play: [Daylight \(trydaylight.com\)](https://www.trydaylight.com)

**SafeSpot.** An app for iPhone and Android that promotes positive mental wellbeing in children and young adults. An innovative approach empowering young people to be able to be aware of their own emotional wellbeing and mental health.





What to do if you are struggling with stress.

A guide providing tips on how to manage and reduce stress.



For young people. Explains all things stress, what you can do about it and where to get further support if you need it.

Helping you understand, manage & improve your mental health and money issues.



Doing What Matters in Times of Stress: A guide to equip people with practical skills to help cope with stress. Can be used alone or with the accompanying audio exercises. Various languages available.



Shares practical advice across a range of topics such as dealing with feeling anxious, stressed, or low, how to improve sleep and moving through grief.



## Helplines



A free helpline for individuals experiencing symptoms of low mood, depression, or anxiety, and offers free and confidential advice for individuals over the age of 16. Contact on **0800 83 85 87**, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.



For children and young people, for whenever they need support or advice. It is open 24/7, and there are many ways to get support. You can call **0800 1111**. Other ways are set out on their website: [www.childline.org.uk](http://www.childline.org.uk)



**NHS24 Mental Health Hub**  
Telephone advice and support on healthcare can be obtained from NHS24 by phoning **111**; the Mental Health Hub is open 24/7.



A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text SHOUT to **85258**.



Provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. You can contact Samaritans free by phoning **116 123** or via email on [jo@samaritans.org](mailto:jo@samaritans.org)