

Mental Health & Wellbeing Resources



Breathing space is a free and confidential phone line service for any individual who is experiencing low mood or depression.

0800 83 85 87 (Weekdays: Monday to Thursday 6pm – 2am.
Weekends: Friday to Monday 6pm – 6am)

www.breathingspace.scot

SAMARITANS

Things on your mind? Confidential, non-judgemental and emotional support. 24hours a day, 365 days a year.

Call **116 12**

www.samaritans.org



Chooselife is the national strategy and action plan to prevent suicide in Scotland where you can also access a variety of helpful resources and training.

www.chooselife.net/



THE VETERANS'
MENTAL HEALTH CHARITY

Combat Stress is the leading veteran's mental health charity in the UK providing treatment for ex-service personnel suffering with mental ill-health including Post Traumatic Stress Disorder (PTSD), anxiety or depression.

24 hour helpline is available if you are a veteran, a serving member of the Armed Forces, reservist or a family member. Call **0800 138 1619**.



Cruse Bereavement Care promotes the well-being of bereaved people and enables anyone bereaved by death to understand their grief and cope with their loss. As well as providing free care to all bereaved people, the charity also offers information, support and training services to those who are looking after them.

Daytime helpline 0844 477 9400 or

www.crusebereavementcare.org.uk



A NATIONAL TELEPHONE BASED GUIDED SELF HELP SERVICE FOR MILD DEPRESSION AND ANXIETY PROVIDED BY NHS 24. This service is currently available from 1pm – 9pm Monday to Friday. The service is provided by trained coaches. Members of the public can self-refer and the service will accept referrals from primary care and secondary care.

NHS24 111. Phone: 0800 328 9655

www.nhs24.com



Touched by Suicide Scotland. A self-help organisation who have been “touched by suicide” which exists to meet the needs and break the isolation of those bereaved by suicide. We offer emotional and practical support in a number of ways.

**01294 274 273 / touchedbysuicidescotland@hotmail.co.uk
touchedbysuicidescotland.org/**



Penumbra is an innovative Scottish mental health charity, working to improve mental wellbeing across the nation. We provide a range of services which offer hope and practical steps towards recovery. **Penumbra’s North Ayrshire Self Harm Service** provides confidential and non-judgemental support to people of all ages who live in North Ayrshire. We also provide self-harm awareness raising sessions to North Ayrshire based professionals and young people and information and advice to families and carers. **Telephone: 01294 471934 or 07717 45 18 58** or email Helen.Gibson@penumbra.org.uk
www.penumbra.org.uk



SAMH- provides information and support for people across Scotland with mental health problems. They also have a community support network service from Monday – Friday for those supporting someone who is suicidal.

For help please **call: 0141 530 1098 or 0800 917 3466**
info@samh.org.uk



Childline is a private and confidential service for children and young people up to the age of 19. Childline counsellors can be contacted about anything – no problem is too big or too small.

Call free on 0800 1111
www.childline.org.uk