

HELPFUL RESOURCES
from SUPPORT IN MIND SCOTLAND
National Organisations



ANXIETY UK

Offer information phone lines, a text line service as well as numerous options and support options via their website

www.anxiet.uk

Helpline: 03444 775 774 / Text Service: 07537 416 905



SUPPORT IN MIND SCOTLAND

National Mental Health Information and Support

Helpline: 0300 323 1545/ info@supportinmindscotland.org.uk



NHS LIVING LIFE

Living Life is a free phone service offering therapy for anyone in Scotland over 16 years of age

<https://www.nhs24.scot/our-services/living-life/>

0800 328 9655



BIPOLAR SCOTLAND

Works to empower people in Scotland who are in with bipolar disorder www.bipolarscotland.org.uk

Helpline: 0141 560 2050



BREATHING SPACE (Scotland)

Breathing Space are a confidential phone and online based service for people in Scotland experiencing low mood, depression or anxiety www.breathingspace.scot

Helpline: 0800 83 85 87



CALM

Calm is leading the campaign against suicide for men in the UK www.calmzone.net Helpline: 0800 585858



CHILDLINE SCOTLAND

Childline is a counseling service for children and young people.

Helpline: 0800 1111



HARMLESS

This is a user led organization that provides a range of services about self-harm, including support

Email: info@harmless.org.uk www.harmless.org.uk



HAFAL

Hafal is a mental health charity which provides a variety of mental health support in Wales

www.hafal.org Helpline: 01792 816 600/832400

Email: hafal@hafal.org



HEARING VOICES UK

A supportive space for people to manage hearing voices

www.harmless.org.uk



MENTAL HEALTH FOUNDATION

Is a charity specializing in research and policy development with a focus on preventing mental health problems

www.mentalhealth.org.uk/Scotland



PAPYRUS

This society focuses on young suicide prevention
Hope line UK: 0800 068 4141 www.papyrus-uk.org



RETHINK MENTAL ILLNESS

Rethink Mental illness helps people affected by mental illness and challenging attitudes www.rethink.org
Advice Line: 0300 5000 927



SEE ME – Scotland

Is Scotland's national program to end mental health stigma and discrimination www.seemescotland.org
Helpline: 0141 530 1111



THE SAMARITANS

Emotional support for people experiencing feelings of distress and having suicidal thoughts
www.samaritans.org/scotland (116 123 Free 24-hour helpline)
Text: 07725 909090 Email: jo@samaritans.org

Ask, tell-save a life

<https://vimeo.com/338176393> video to understand signs that people may be thinking about suicide and how/when to provide support. <https://learn.nes.nhs.scot/17099/mental-health-improvement-and-prevention-of-self-harm-and-suicide>

RSABI – Supporting people in agriculture 0300 111 4156 www.rsabi.org.uk

NFU Scotland (National Union of Farmers) 0131 472 4000/info@nfus.org.uk

Useful Apps



BEATPANIC

Is designed to guide people through a panic attack or raised anxiety using their phone



FEELING GOOD

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a
PC **SLEEPIO**



HUB OF HOPE

Is designed to guide people through a panic attack or raised anxiety using their phone



CALM HARM

Is an app designed to help people resist or manage the urge to self-harm



SLEEPIO

Is a sleep improvement program clinically proven to help you fall asleep faster, stay asleep through the night and give you more energy in the day



Chillpanda

Is an app to help learn to relax, manage your worries and improve your wellbeing



MOODZONE NHS

Check your mood with an online assessment and mental wellbeing audio guides



BE MINDFUL

Is an online course for reducing stress, depression and anxiety



MY POSSIBLE SELF

Take control of your thoughts, feelings and behaviour with the My Possible Self (NHS)



The following local information has been sourced by Soirbheas as part of the OpenNESS project – if you have details of an organisation not listed that could help people with mental health please send details to info@soirbheas.org

Bereavement Counselling Highland

Adult Bereavement Counselling - Highland Hospice <https://highlandhospice.org/> Enquiries can be made to Ruth Foster, Bereavement Officer, on 07709 717586 or email bereavement@highlandhospice.org.uk

Bereavement Council for Children and Young People - Crocus Group, Ness House, Highland Hospice, 1 Bishops Road, Inverness, IV3 5SB <https://highlandhospice.org/what-we-do/community-supportive-services/crocus> Telephone: 01463 714568 Email: crocusgroup@highlandhospice.org.uk

Counselling services including bereavement, for all ages - Crossreach Counselling (Inverness) <https://www.crossreach.org.uk/our-locations/crossreach-counselling-inverness> 01463 718069

Support Organisations – Highland

Mikey's Line <https://www.mikeyslines.co.uk/> Text: 07786 207755

Samaritans Inverness <https://www.samaritans.org/scotland/branches/inverness/> Tel: 116 123

James Support Group: Support for ALL affected by suicide <https://jamesupportgroup.com/>
24 hour helpline: 07563 572471 Email: support@jamesupportgroup.com

Support in Mind Highland: <https://www.supportinmindscotland.org.uk/>

Connecting Carers: <https://connectingcarers.org.uk/> Telephone: 01463 723575

Connecting Young Carers: <https://www.connectingyoungcarers.org/> Telephone: 01463 723562

Think Health Think Nature <https://www.thinkhealththinknature.scot/>

Birchwood Highland <https://birchwoodhighland.org> 01463 236507