

**Adult Mental Health
Useful Apps, Helplines and Websites**



INTRODUCTION

Mental health problems range from the general worries and grief we experience as part of everyday life to the most desolate like depression. It is reported that 1 in 4 adults will experience mental health issues in any given year. Many of these mental health problems are mild and temporary and often manageable with help from supportive trusted friends, families and colleagues. Prevention and early intervention is vital and recovery is possible with the right support and resources. For some, support may be required from an organisation who specialises in the area that is impacting on their mental health for example, bereavement or becoming a new parent. It is important that those requiring support have a range of early intervention options and be signposted quickly to resources appropriate to their needs. This document whilst not exhaustive, provides a comprehensive offer of various helplines and websites that can be used to signpost individuals and their families to.

Distress and Suicidal Thoughts

Some people find that talking with friends and family about their feelings can be a real source of support for coping with distress or suicidal thoughts. It might be helpful for them to map their support network, and think about people they could call if their feeling suicidal. Other people may prefer to seek more professional support or call a helpline:

Breathing Space: 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. Call **0800 83 85 87**, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.

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.

Samaritans: 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.

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

For some people they may be finding it difficult to cope and may think of ending their life, if you are concerned about an individual's mental health and wellbeing and feel they may be in distress, their Doctor should be their first point of contact. If you feel the individual is in immediate danger please call 999 for assistance.



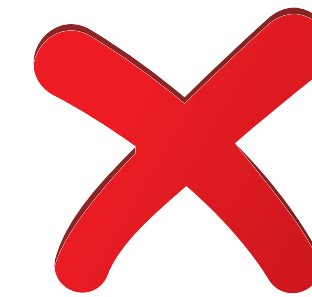
BEING A SUPPORTIVE TRUSTED ADULT

Talking to a supportive trusted adult is good for our mental health and wellbeing. Here are some tips to help you be that supportive trusted adult.



Listen

- Ask direct questions
- Treat the person with dignity and respect
- Offer emotional support and understanding
- Encourage help seeking



Judge

Overreact

- Dismiss their concerns
- Rush to solve the problem
- Tell them they are wrong to feel a certain way

Theme

General Mental Health and Wellbeing

- Anxiety
- Depression
- Low mood
- Self-harm
- Sleep
- Stress
- Suicide

Helplines

ANXIETY UK: offer support, advice and information on all anxiety, stress and anxiety-based depression conditions. Call **03444 775 774** (charges may apply) Open 9.30am – 5.30pm, Monday – Friday (except bank holidays). Text Service: **07537 416 905**.

BREATHING SPACE: Call **0800 83 85 87**. Free confidential phone and web based service for people experiencing low mood, depression or anxiety. Weekdays: Monday-Thursday 6pm to 2am
Weekend: Friday 6pm-Monday 6am.

CALM (Campaign Against Living Miserably): free phone and WebChat support. Call free 0800 58 58 58, 5pm–midnight, 365 days a year.

NHS LIVING LIFE : Call **0800 328 9655**: A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Mon-Fri 1pm -9pm.

PAPYRUS HOPELINE UK: free helpline for people under age 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide. Call **0800 068 41 41** or Text: **07860039967**. Open weekdays, 9am -10pm, weekends and bank holidays 2pm – 10pm.

SAMARITANS: Call **116 123**. A free and confidential support to anyone, any age.

SHOUT Crisis Text service also available 24/7 Text YM to **85258**.

Useful websites

CLEAR YOUR HEAD: aims to help people cope during the coronavirus pandemic, Shares practical advice and steps people can take to look after their mental health and wellbeing.

GLASGOW WELLBEING SERVICE: offer a range of free downloaded A-Z self help guides on many conditions including better sleep, low mood, self esteem. Also provides a range of information sheets.

HEADS UP: offers mental health advice and information on mental health conditions, about how you can support yourself or the people you care for, the services available to you and the range of interventions.

LIFESIGNS: has a number of useful fact sheets that can be download for free.

MIND TO MIND: If you're feeling anxious, stressed, or low, or having problems sleeping or dealing with grief - find out how you can improve your mental wellbeing by hearing what others have found helpful.

NHS INFORM SCOTLAND: will give you all the advice you need to keep yourself safe.

NHS INFORM SCOTLAND: Surviving Suicidal Thoughts. Hear from people who have been there and come out the other side.

STAYING SAFE: If you're struggling and you're not sure if you want to live or die, can you, just for now hold off making this decision and keep reading the information and watch the videos for some ideas about how to get through. There may be things that you - and other people - can do to make things better.

UNITED TO PREVENT SUICIDE: a social movement of people from all across Scotland, we are united in a shared belief that each and every one of us has a role to play in preventing suicide.

Theme	Helplines	Useful websites
Addictions	<p>ALCOHOLICS ANONYMOUS: if you need help with a drinking problem call free on 0800 9177 650.</p> <p>GAMBLERS ANONYMOUS SCOTLAND: support for anyone who has a desire to stop gambling. A 24 hour helpline available call 0370 050 8881.</p> <p>NARCOTICS ANONYMOUS SCOTLAND: for people needing support and advice about the nature of drug addiction. Open 10am- midnight 7 days a week. Call: 0300 999 1212.</p> <p>SCOTTISH FAMILIES AFFECTED BY DRUGS AND ALCOHOL: If you are concerned about someone else's alcohol or drug use, call 08080 101 011 Open 9am-11pm weekdays and a call-back service on weekends.</p>	<p><u>NHSGG&C ALCOHOL AND DRUGS RECOVERY SERVICES:</u> provides information on services across GGC.</p>
Bereavement	<p>BEREAVEMENT TRUST HELPLINE: Available 6pm-10pm every evening. Call 0800 435 455.</p> <p>CRUSE BEREAVEMENT SUPPORT: Available Mon & Fri 9.30am - 5pm, Tues, Wed & Thurs 9,30am - 8pm, Sat & Sun 10am - 2pm Call 0808 808 1677.</p> <p>MARIE CURIE SCOTLAND: free helpline to anyone affected by the death of the loved one at any time in their life. Call 0800 090 2309 open 8am – 6pm Monday to Friday, and 11am – 5pm on Saturdays. On bank holidays we're open 10am – 4pm. Available in over 200 languages.</p>	<p><u>AT A LOSS:</u> provide bereavement signposting across the UK.</p> <p><u>NHSGG&C BEREAVEMENT SUPPORTS:</u> provides lots of helpful information on the practical issues and signposts to a range of other organisations and supports.</p>
Carers	<p>CARERS UK HELPLINE: is available on 0808 808 7777 from Monday to Friday, 9am – 6pm.</p>	<p><u>CARERS SCOTLAND:</u> part for Carers' UK which provides information and advice and links to carers' centres across Greater Glasgow and Clyde. Section on website for professionals.</p>

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Criminal Justice	<p>FAMILIES OUTSIDE : Provides help, information and support for families affected by imprisonment Helpline: 0800 254 0088 or Text FAMOUT to 6077 Monday to Friday from 9am – 5pm.</p> <p>VICTIM SUPPORT SCOTLAND: Free and confidential support for anyone affected by crime. Support helpline Mon-Fri, 8am-8pm 0800 160 1985, also provide support by email and webchat.</p>	<p>FAMILIES OUTSIDE: works solely on behalf of families in Scotland affected by imprisonment.</p> <p>VICTIM SUPPORT SCOTLAND: provides victims and witnesses with free confidential, emotional and practical support, and information about the criminal justice system.</p>
Disability	<p>GLASGOW DISABILITY ALLIANCE: Support for disabled people and those living with long term conditions. Call 0141 556 7103 or Text 07958 299 496.</p>	<p>GLASGOW DISABILITY ALLIANCE: Support for disabled people and those living with long term conditions.</p> <p>NHS GREATER GLASOW AND CLYDE: hosts useful information on disability support and resources.</p>
Domestic Violence and Gender Based Violence	<p>DOMESTIC ABUSE AND FORCED MARRIAGE/GBV: For anyone needing support for domestic abuse as well as family members, this is a confidential, sensitive service for anyone to call. You can speak to a professional in your preferred language: Call 0800 027 1234.</p> <p>GALOP: A National LGBT+ Domestic Abuse Helpline 0800 999 5428 offering emotional and practical support for LGBT+ people experiencing domestic abuse. Monday – Thursday, 10am to 8:30pm, Friday, 10am to 4:30pm.</p> <p>GLASGOW & CLYDE RAPE CRISIS HELPLINE: support women and girls who have experienced rape or sexual violence. Call 08088 00 00 14.</p>	<p>NHSGGC GENDER BASED VIOLENCE AND HUMAN TRAFFICKING: offers information on supports available across Greater Glasgow and Clyde.</p> <p>SCOTTISH WOMEN'S AID: offers a range of information, resources and support for women experiencing domestic abuse and for professionals working with them.</p> <p>LGBT DOMESTIC ABUSE SCOTLAND: providing support and advice to LGBT people and professionals</p>

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<p>Domestic Violence and Gender Based Violence</p>	<p>RESPECT MEN'S HELPLINE: for male victims of domestic abuse. Call 0808 8010327 Mon–Fri 10am-8pm. Webchat support Wednesday 10-11:30am and 2:30-4pm.</p> <p>REVENGE PORN HELPLINE: a service dedicated to providing expert support for adult victims of intimate image abuse. Call 0345 6000 459* (charges apply), open from 10 am to 4 pm, Monday to Friday excluding bank holidays.</p> <p>THE NATIONAL RAPE CRISIS HELPLINE: Freephone 08088 01 03 02, every day, 6pm-Midnight.</p>	<p>SANDYFORD: specialist sexual health service for Greater Glasgow and Clyde.</p>
<p>Eating Disorders</p>	<p>BEAT: Get free telephone , email support for friendly, non-judgmental advice regarding an eating disorder or supporting someone with an eating disorder. Call 0808 801 0432, open 365 days a year 9am-midnight Monday to Friday and 4pm-midnight at weekends and bank holidays or email scotlandhelp@beateatingdisorders.org.uk.</p>	<p>BEAT: provides information and resources for those suffering with an eating disorder and for those who are supporting them.</p>
<p>Ethnically Diverse Communities</p>	<p>AMINA HELPLINE: Call 0808 801 0301 Mon-Fri 10am-4pm, provide a listening ear and signposting services for Muslim women across Scotland.</p> <p>BARNARDO'S BOLOH HELPLINE: offers support to Black, Asian and minority ethnic communities across the UK. Call 0800 151 2605 Monday – Friday (10am-8pm), Saturday (10-3pm).</p>	<p>MECOPP: shares information on the range of services across Scotland supporting ethnically diverse communities.</p> <p>SAHELIYA: a specialist mental health and wellbeing support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+).</p> <p>THE SCOTTISH REFUGEE COUNCIL: a charity dedicated to supporting people in need of refugee protection.</p>

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<p>Financial Inclusion</p>	<p>CITIZENS ADVICE SCOTLAND MONEY TALK TEAM: can help you maximise your income by providing free money and debt advice. Everyone’s situation is unique but experience shows us there are ways to improve people’s finances to help with the increased cost of living. Call 0800 085 7145.</p> <p>•</p> <p>NATIONAL DEBT HELPLINE: Call 0808 808 4000, Monday to Friday 9am-8pm and Saturday 9:30am - 1pm.</p>	<p><u>COST OF LIVING CAMPAIGN:</u> information on help and resources available in Scotland during the cost of living crisis.</p> <p><u>FOOD BANKS:</u> information about independent food banks in your area. Some of these will require a referral voucher and some won’t.</p> <p><u>MENTAL HEALTH AND MONEY ADVICE:</u> Clear, practical advice and support for people experiencing issues with mental health and money.</p> <p><u>NHSGGC MONEY ADVICE:</u> useful information for staff to help raise the issue of money with patients and supports available.</p> <p><u>NHS INFORM PROBLEM GAMBLING:</u> useful information on signs, effects and causes of problem gambling and supports available.</p>
<p>Infant and Maternal Mental Health</p>	<p>THE PANDAS FOUNDATION: Free helpline call 0808 1961 776 open seven days a week, 11am - 10pm, to parents and their networks who need support with Perinatal Mental Illness.</p> <p>CRY-SIS: Support for crying and sleepless babies. Provides a telephone helpline 08451 228 669 (charge attached). Lines open 7 days a week 9am-10pm.</p>	<p><u>INSPIRING SCOTLAND DIRECTORY:</u> a directory of Third Sector Perinatal Mental Health services across Scotland which are accepting referrals.</p> <p><u>FATHERS NETWORK SCOTLAND:</u> works to increase fathers' involvement in the life of their children.</p> <p><u>PARENT AND INFANT MENTAL HEALTH SCOTLAND:</u> provides information to women affected by perinatal mental health issues, their partners, families and the general public.</p> <p><u>NHS INFORM:</u> LGBT+ Paths to Parenthood information if you are having a baby.</p> <p><u>RAINBOW FAMILIES:</u> Events, information and support for LGBTQ+ families.</p>

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Lesbian, Gay, Bi-sexual and Transgender	<p>LGBT HELPLINE: Provide information and emotional support to LGBT+ people , their families and friends. Call 0300 123 2523 Tuesdays & Wednesdays (12-9pm) Thursdays & Sundays (1-6pm)</p>	<p><u>LGBT HEALTH AND WELLBEING:</u> working to improve the health and wellbeing and equality of lesbian, gay, bisexual and transgender people in Scotland.</p>
Loneliness and Isolation	<p>AGE SCOTLAND: Call 0800 12 44 222. Free confidential service for older people, their carers and families. Mon-Fri 9am-5pm</p> <p>THE SILVER LINE: free helpline for older people open 24 hours a day, 365 days a year. Call 0800 4 70 80 90</p>	<p><u>MIND:</u> provides tips to manage loneliness.</p> <p><u>AGE UK:</u> provides information on a range of health and wellbeing topics including mental health.</p>
Long Term Conditions	<p>ASTHMA UK: Speak to an asthma expert nurse on their helpline 0300 222 5800 (Monday to Friday, 9am to 5pm).</p> <p>BRITISH LUNG FOUNDATION: helpline available 03000 030 555, Mon – Fri 9am – 5pm calls cost as local call.</p> <p>DIABETES SCOTLAND: helpline (charges apply) 0141 212 8710, Monday–Friday, 9am–6pm or email helpline.scotland@diabetes.org.uk can provide information about the condition and take time to talk through and explore emotional, social, psychological or practical difficulties.</p> <p>EPILEPSY SCOTLAND: free confidential helpline that provides information and emotional support to anyone affected by epilepsy. Call 0808 800 2200, Monday – Friday, 10am to 4:30pm (excluding some public holidays).</p>	<p><u>NHS INFORM :</u> Scotland's national health information service helping the people in Scotland to make informed decisions about their own health and the health of the people they care for.</p>
Relationships	<p>THE RELATIONSHIP HELPLINE: when you need someone to talk to about a relationship problem. Freephone 0808 802 2088, Mon-Thurs 9am - 9pm Fri 9am -4pm.</p>	<p><u>RELATE:</u> offers blogs, resources, books, and self-help tools for just about every relationship problem out there.</p>

APPS	DETAILS	ACCESS
Calm Harm	Worried about self-harm? An app that helps you manage or resist the urge to self-harm.	Download free on the App Store or Google Play: Home - Calm Harm App
Daylight	For people who are feeling worried or anxious. You can learn proven tools and techniques to get out of your head, face difficult emotions, and 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)
distrACT	Provides trusted information and links to support for people who self-harm and may feel suicidal. Also includes eating disorders, student mental health and Crers mental health.	Download free on the App Store or Google Play: distrACT app - Expert Self Care
Mood Tools	Feeling sad or depressed? Lift your mood with MoodTools for free.	Download on the App Store or Google Play MoodTools - Feeling sad or depressed? Lift your mood with free, evidence-based tools.
Sleepio	An online sleep improvement programme which delivers tailored and engaging advice, 24/7.	Download free on the App Store or Google Play: Sleepio Can't sleep? (bighealth.com)
Stay Alive	Provides useful information and tools to help you stay safe in a crisis.	Download free on the App Store or Google Play StayAlive - Essential suicide prevention for everyday life: .