

SELF-ACCESS MENTAL HEALTH RESOURCES FOR PATIENTS

OCCUPATIONAL / EDUCATIONAL RESOURCES

GENERAL / MIXED INFO

FAMILIES / YOUNGER ADULTS / TEENS / CHILDREN

HELP & SUPPORT FOR THOSE WHO HAVE SUFFERED STILLBIRTH / LOSS OF A BABY OR CHILD

SELF HARM SUPPORT

EATING DISORDERS

ADDICTIONS INCLUDING GAMBLING

LGBT SUPPORT

SEXUAL ABUSE/ASSAULT

GENERAL COUNSELLING / FAMILY MEDIATION

VETERANS / EX-SERVICE PERSONNEL

FREE PHONE APPS

Occupational / Educational Resources

If you are in employment or education (College or University) it is likely that you will be able to access to Mental Health support this way. Most big employers and educational establishments had this pre-COVID but many more have taken it on board since COVID. It may be worth checking this out as it is likely to be free aswell.

1. Military employees and families
<https://www.ssafa.org.uk/get-help/mental-wellbeing>
SSAFA is ready to help all service men and women, veterans and their families, with any mental or emotional health concerns.
2. People who work in supermarkets
<https://www.groceryaid.org.uk>
They provide counselling sessions and online CBT programmes, family and relationship counselling, debt management and legal advice for people who work in supermarkets.
Confidential 24/7 helpline 08088 021 122

General / mixed info

1. Glasgow Steps
www.wellbeing-glasgow.org.uk
Tel: 0141 232 2555 08:30 am – 4pm
They have downloadable self-help books for a wide range of subjects including anxiety, panic attacks and anger problems.
2. Living Life to the Full
www.lltf.com
Excellent online resource with online courses and they also run workshops and have an online shop for DVD's books about anxiety/stress etc
3. Clear Your Head
<https://clearyourhead.scot/>
The coronavirus outbreak has been going on for a while now. Daily life has changed for all of us in Scotland and it can feel worrying, lonely and uncertain. It's ok to not feel yourself. There are some great tips to help you clear your head and connect with others.
4. Moodgym
<https://moodgym.com.au>
Moodgym is like an interactive self-help book which helps you to learn and practise skills which can help prevent and manage symptoms of depression and anxiety.
A German language version is also available as a link from the above webaddress.
5. SAMH : Scottish Association for Mental Health
www.samh.org.uk
Self-help & wellbeing resources, including for children & young people. There is a section dedicated to suicidal thoughts.
6. NHS Inform
<https://www.nhsinform.scot/illnesses-and-conditions/mental-health>
Advice and information about how to recognise and manage many mental health conditions including anxiety, depression, eating disorders, phobias , PTSD and more...
7. <https://www.getselfhelp.co.uk>
This website provides CBT self help and therapy resources, including worksheets and information sheets and self help mp3s
8. Samaritans

www.samaritans.org

Call 116 123 (free)

24hr a day provision of confidential emotional support for people who are distressed, feeling in despair or having suicidal thoughts.

9. Breathing Space

www.breathingspace.scot

0800 83 85 87

Mon – Thurs 6pm – 2am , Fri – Mon 6pm – 6am

For people who are feeling down or depressed. Experienced advisors will listen and provide confidential information and advice.

10. Cruse Bereavement Care

www.cruse.org.uk

For those that have lost a loved one. Adult and children's services exist in Moray.

Tel : 0845 600 2227

11. Centre for Clinical Interventions

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself

If you experience a condition that is affecting your mental health and are looking for specific information about different types of problems then the 'workbooks' or sets of modules in this section may be relevant to you. Some of the modules can be used on their own, while others are best used as part of the series; each workbook will have its own suggestions.

Families / Younger Adults / Teens / Children

1. Children 1st & Parentline

<https://www.children1st.org.uk/>

It offers trauma support for children and families and also has advocacy services. They deal with a variety of issues including self-harm or simply 'not coping' at home or school. The local branch of Children 1st, based in Northfield Terrace in Elgin, has provided food vouchers, cooked meals, given money advice and continued to be there through video calls to help local children and families during lockdown. As restrictions eased, the charity, which assists families and children who have been affected by trauma or adverse childhood experiences, organised a range of summer holiday activities including beach days for families who have children with additional support needs.

Parentline is part of Children 1st

<https://www.children1st.org.uk/help-for-families/parentline-scotland>

For parents who may feel that they are at the end of their tether or are struggling to make ends meet

Tel 08000 28 22 33 free, browse our website for advice and support, or start a webchat.

Mon-Fri, 9am to 9pm , Sat-Sun, 9am to noon

2. Child & Adolescent Mental Health Services

<https://www.camhs-resources.co.uk/>

Created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.

3. Silvercloud CBT – Parent Programmes

<https://cypgrampian.silvercloudhealth.com/signup/>

2 free online courses for parents/carers/teachers (any adult in a caring role) of children experiencing anxiety (Access code: Grampian)

4. Anna Freud Centre

<https://www.annafreud.org/>

Self-care strategies, mental health information, for young people, also have a crisis text support service.

5. YoungMinds Crisis Messenger

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#how-does-it-work>

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

6. Papyrus Prevention of Young Suicide

www.papyrus-uk.org

Tel :0800 068 41 41

Available for young people, families and carers.

7. Childline

0800 1111

For anyone under the age of 19yrs, they can call and discuss any issue they are going through.

8. Moray Sonas Wellbeing Service

<https://services.actionforchildren.org.uk/moray-sonas-wellbeing-service/>

Phone: 01343 549557

Experienced staff who understand that life is full of ups and downs and sometimes it's a struggle to deal with. The team has many different ideas and methods to help children and young people through difficult times.

Help & Support for those who have suffered Stillbirth / Loss of a Baby or Child

1. Sands
<https://www.sands.org.uk/>
Tel: 0808 164 3332 Email: helpline@sands.org.uk
Sands is a charity that supports anyone affected by the death of a baby before, during or shortly after birth. They offer support with grief by telephone, email, in groups or an online forum. They also provide a free Bereavement Support Pack for parents.
2. The Compassionate Friends
<https://www.tcf.org.uk/>
The Compassionate Friends is a charity run by bereaved parents, siblings and grandparents. It offers support to family members after the death of a child including online, phone and local support and resources.
3. Cruse Bereavement Care Scotland (offers local support services)
<https://www.crusescotland.org.uk/>
Tel: 0808 802 6161 Email: support@crusescotland.org.uk
4. Child Bereavement UK
<https://www.childbereavementuk.org/>
Tel: 0800 02 888 40 (helpline open Mon-Fri 9am-5pm)
Offers support to families when a baby or child dies.
5. Miscarriage Association
<https://www.miscarriageassociation.org.uk>
Tel: 01924 200799 Email: info@miscarriageassociation.org.uk
Support and information for anyone affected by pregnancy loss.

Self-Harm Support

1. The National Self Harm Network
www.nshn.co.uk
Provides a forum for survivors, professionals and families
2. Self Injury Support
www.selfinjurysupport.org.uk
Listings of groups and services for females who are struggling with self-injury, self harm and their underlying causes.

Eating Disorders

1. <https://www.anorexiabulimiare.org.uk/>
Encouragement, advice and support for sufferers and family members.
Tel 03000 111213
2. www.beateatingdisorders.org.uk
Tel: 0345 634 7650
UK charity for sufferers and their families
3. www.oagb.org.uk
Over eaters anonymous to help people share experiences, and gain strength and hope for recovering from over eating.
4. www.eatingdisorderssupport.co.uk
Support on the journey to recovery.
Tel: 01494 793223
There is also online self-help groups. & e-mail support

Addictions including Gambling

1. Arrows / Quarriers
For substance misuse and alcohol misuse
<https://www.quarriers.org.uk/services/arrows-drug-and-alcohol-support/>
Elgin 01343 610500

COVID hours Mon – Fri 10-5 , Sat 12-3
Phone support for users 9-6 daily

2. Alcoholics Anonymous
<https://www.alcoholics-anonymous.org.uk/>
Has a 'Find a meeting section' – meetings exist in Forres, Nairn, Elgin, Duffus and Lossie although unsure what format during COVID
3. Gambling
<https://www.gamstop.co.uk/>
<https://www.begambleaware.org/>
Can help you put a variety of controls in place
Specific blocks include :
 - Gamban.com
 - Gamblock.com
 - Betfilter.com
 - Betblocker.org
 - Netnanny.com
4. <https://gascotland.org/>
Gamblers Anonymous Scotland, doing Zoom and videoconference calls at present but outwith COVID have a meeting in Moray College on a Monday evening
Tel : 0370 505 8881

LGBT Support

1. Scottish Trans Alliance
<https://www.scottishtrans.org>
They work to improve gender identity and gender reassignment equality, rights and inclusion in Scotland. They are inclusive of non-binary people and strive for everyone in Scotland to be safe and valued whatever their gender identity and gender reassignment status and to have full freedom in their gender expression.
2. LGBT Youth Scotland
<https://www.lgbtyouth.org.uk>
They are Scotland's national charity for LGBTI young people (13–25 year olds) They also deliver the LGBT Charter programme to schools, organisations and businesses. They promote LGBT health and wellbeing, and are a valued and influential partner in LGBTI equality and human rights.
3. LGBT Health and Wellbeing
<https://www.lgbthealth.org.uk>
They work to improve the health, wellbeing and equality of lesbian, gay, bisexual, and transgender (LGBT) people in Scotland. They provide support services, social events and develop resources so LGBT people can address the health issues that impact their lives and connect with their local communities.
4. Stonewall
<https://www.stonewallscotland.org.uk>
Information and support for LGBT communities and their allies.
Contact Stonewall's Information Service FREEPHONE 0800 0502020 Lines are open 9:30 - 4:30 Monday to Friday

Sexual Abuse/Assault

1. Moray Rape Crisis ; Sexual Assault and Trauma Service
www.morayrapecrisis.scot/about-moray-rape-crisis
Moray Rape Crisis provides free and confidential information, advocacy and support to anyone in Moray (age 11 and over) affected by any form of sexual violence. This includes survivors of sexual violence of all genders and their friends, partners and families.
Patients can call 01343 550407 to refer themselves into the service over the phone

General Counselling / Family Mediation

1. COSCA
<https://www.cosca.org.uk/>
Scotland's professional body for counselling and psychotherapy. Can do a search for counsellor by name or postcode area.
2. BACP (British Association of Counselling and Psychotherapy)
<https://www.bacp.co.uk/>
A reliable source for appropriately trained counsellors and life coaches in the UK. Ensures ongoing adequate professional training is attained for the professionals.

3. **Counselling Directory**
<https://www.counselling-directory.org.uk/>
 Find a counsellor near you on the UK's Counselling Directory. Connect with a qualified local counsellor or therapist.
4. **Relationship Scotland**
www.relationships-scotland.org.uk/find-a-local-service/family-mediation-services/highland
 Relationships Scotland's network provide relationship counselling, family mediation, child contact centres and other family support services across all of mainland and island Scotland. Our work supports individuals, couples and families experiencing relationship difficulties.
 Info line : 0345 119 2020 Mon – Fri 09:30 – 4:30pm
5. **R-evolution for good**
<https://revolutionforgood.org.uk/>
 Offer a free counselling service to adults or young people 16yrs+
 Soon to be starting (Spring 2022) workshops for perpetrators of domestic abuse.
6. **Avenue**
<https://www.avenue-info.com/>
 AVENUE is the leading provider of Mediation, Counselling and Child Contact Centres in Northeast Scotland.

Veterans / Ex-Service Personnel

1. **Combat Stress**
 24-hour helpline 0800 138 1619 (also available for carers & families). Phone/digital 1:1 therapy sessions. Peer to peer support, small group meetings. 6-week residential programme with CBT available (not detox).
<https://combatstress.org.uk> Self-help guides on website.
2. **The Veterans Gateway**
 Gateway service to a network of organisations including Royal British Legion, SSAFA, Poppy Scotland, Combat Stress and Helpline Connectassist.
 Tel: 0808 802 1212 or text 81212
<https://www.veteransgateway.org.uk>
3. **SSAFA (Soldiers, Sailors, Airmen and Families Association)**
 Support with addictions, relationship breakdowns, debt, homelessness, PTSD, depression & disability. Local branch Kinloss – open Mon-Fri 9am-5.30pm (Tel: 01309 690067)
4. **Poppy Scotland**
 Will signpost to support re: employment, mental health, finances, housing, disabilities, etc.
 Welfare Centre, Inverness – Tel: 01463 710300 (office hours only)
<https://www.poppyscotlandstore.com>
5. **Northern Pathways**
 Support in north Scotland (including Moray)
 Web PDF - <https://binged.it/3IKNTBQ>
6. **Outpost**
 A National Military charity based in the Scottish Highlands providing emotional, social and practical support for military personnel, veterans and their families
 Tel: 01854 655 314 (office hours) / 07776 323511 (out with office hours)
7. **The Royal Air Force Benevolent Fund**
 For serving RAF personnel and families - provides free welfare breaks, grant for financial difficulty, mobility aid, advice on benefits.
<https://www.rafbf.org>
8. **Legion Scotland (The Royal British Legion)**
 A comradeship and welfare network helping ex-servicemen & women of all ages adapt to civilian life by providing support in the community
 Tel: 0131 557 2782 (office hours)
9. **ASAP (Armed Services Advice Project)**
 Part of the Citizens Advice Bureau Scotland Service, set up specifically to provide independent and impartial information and advice to the armed forces community in Scotland
 Tel: 0808 800 1007 (office hours)
10. **Horseback UK**

Based in Aberdeenshire, offers courses in horsemanship as an aid to recovery for veterans who have suffered mental & physical trauma

Tel: 01339 880487

11. Bravehound

Supports former servicemen, women and their families. Based in Scotland and provide training & dogs to support veterans, specifically with PTSD.

Email: hello@bravehound.co.uk

Free Phone Apps

1. Calm Harm

Award winning app to help resist the urge to self harm.

2. SilverCloud Toolkit

Silvercloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, anger management, stress management, relaxation and sleep management, among many others.

3. Stay Alive

A suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

4. SAM Self Help for Anxiety Management

SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.

5. Mood Tools Depression Aid

If you are feeling sad, anxious, or depressed, lift your mood with MoodTools. MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.

6. Rise Up & Recover

Rise Up + Recover is an app for people struggling with food, dieting, exercise and body image. The app is based upon self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT).

7. MindShift CBT

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

8. Daylight

Daylight is a confidential, clinically proven app that can help you take control of anxiety. It uses practical cognitive behavioural techniques to help you handle worry and anxiety, enabling you to build your skills through practice and taken control of challenging feelings to be able to worry less and spend more time being present. Clinical trials show significant reductions in worry and anxiety after using Daylight.

9. Sleepio

Sleepio is a 6-week online program designed by sleep experts and based on cognitive and behavioural techniques. This uses sleep restriction as a powerful way to increase your sleep drive and reset your sleep schedule, and cognitive tools to manage your worries and thoughts which make it difficult to sleep. It helps you build a healthy association between your bed and sleep and optimise your environments and habits for better sleep.

10. Preventing Suicide – NorthEast Scotland app

Has a safety plan can work on throughout multiple consultations or patient can fill in and then discuss at consultation
Also has some useful factual information

11. ieso – Text-based CBT

NHS Scotland one-to-one online therapy which is text based – www.iesohealth.com or speak to a member of the team confidentially about online therapy by calling Freephone 0800 074 5560