

Mental Health Week

15 - 21 May 2023



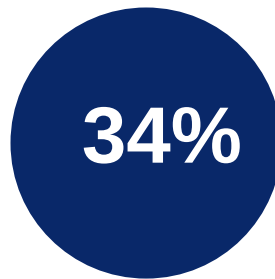
1 in 4 people experience a mental health problem at some point in their lifetime.

Chapter 2 Mental Health and Wellbeing - The Scottish Health Survey 2021 - volume 1: main report - gov.scot (www.gov.scot)



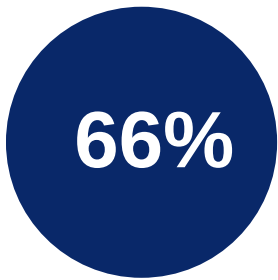
1 in 10 of UK adults report feeling hopeless about financial circumstances.

Stress, anxiety and hopelessness over personal finances widespread across UK - new mental health survey | Mental Health Foundation



34% of UK adults report feeling anxious in the past month.

Stress, anxiety and hopelessness over personal finances widespread across UK - new mental health survey | Mental Health Foundation



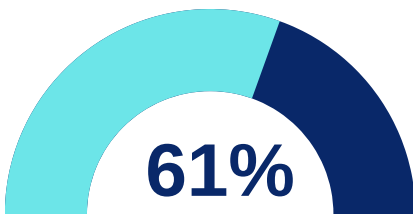
66% of UK adults are concerned about not being able to heat their home.

Stress, anxiety and hopelessness over personal finances widespread across UK - new mental health survey | Mental Health Foundation



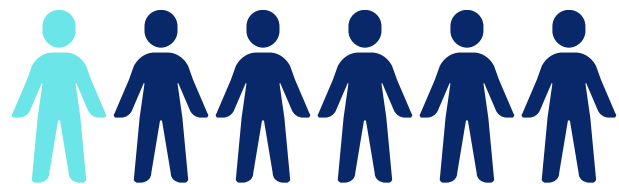
1 in 25 people in the UK are affected by General Anxiety Disorder.

Anxiety | NHS inform



61% of UK adults are concerned about paying general monthly household bills.

Stress, anxiety and hopelessness over personal finances widespread across UK - new mental health survey | Mental Health Foundation



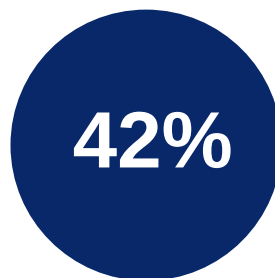
1 in 6 children aged 5-16 were identified as having a probable mental health problem in July 2020.

Mental Health Statistics UK | Young People | YoungMinds

£118 billion

is the approximate cost of mental health problems to the UK economy per year.

The economic case for investing in the prevention of mental health conditions in the UK | Mental Health Foundation



42% of young people aged 16-24 reported having one or more anxiety symptom.

Mental health of young adults (18-24) in Scotland - SPICE Spotlight | Solas air SPICE (spice-spotlight.scot)

APPS to Help Manage Anxiety

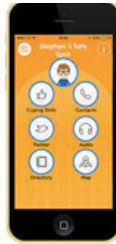
Click on images to download information



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.



SAM: A self-help app for the mind to help you manage down anxiety, depression and loneliness.



MindShift: A free app designed to help teens and young adults cope with anxiety.



My Possible Self: Can help you understand the causes of stress, anxiety and low mood so you can learn coping mechanisms and manage future situations better.



A collection of apps that are designed to support young people, adults and families with their mental health and well-being. Some do need a paid subscription to use them while others are freely available.



**Anna Freud
National Centre for
Children and Families**

Information on a range of approved apps suitable for young people that are free to download.



A sleep improvement program proven to help you clear your mind, get better sleep, and have better days.

Useful Websites

Click on images to download information

Anxiety UK provides a wealth of information and resources for children, young people and adult. The also offer a helpline and text support service.



NHS Inform has developed a list of support services and practical advice for those struggling with the anxiety caused by money worries.





What to do if you are struggling with anxiety.

A guide providing tips on how to overcome fear and anxiety.



YOUNGMINDS

Anxiety: A guide for young people. Find out what causes it and what you can do to feel better.

5 ways to better mental wellbeing guide. Small things you can do to help improve your mental wellbeing.



Find out what anxiety is, what causes it, symptoms and ways you can help yourself.

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



National Debtline is a debt advice charity run by the Money Advice Trust. They provide a free and confidential debt advice service. Call freephone **0808 808 4000** Monday to Friday 9am-8pm and on Saturdays 9.30am-1pm.

NATIONAL DEBTLINE



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.

85258
shout

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