



Some suggested resources for supporting Mental Health below

BREATHING SPACE

Breathing Space is a free and confidential phone service for anyone in Scotland feeling low, depressed or anxious. Phone 0800 83 85 87 (6pm to 2am, weekdays and 24 hours at the weekend).

SAMARITANS

Email – write to Jo@samaritans.org

Helpline – open 24 hours a day, 116 123

SOBS - Survivors of Bereavement by Suicide

SOBS are the only national charity providing dedicated support to adults who have been bereaved by suicide. If you have been bereaved or affected by suicide and you would like to talk with one of SOB's volunteers about your experience, you can get in touch in the following ways:

Email – write to email.support@uksobs.org

Helpline – open 9am to 9pm Monday to Friday, 0300 111 5065

Clear Your Head

You can visit <https://clearyourhead.scot/> for hints and tips on how to look after your wellbeing

NHS 24 Mental Health Hub

This is available 24 hours a day by calling 111. This includes online support for people in distress. More information on the type of support you can access via the Hub is available here <https://www.nhs24.scot/111/who-to-speak-to/>

Mental Health Foundation

MHF website has lots of resources with hints and tips for supporting your mental health which you may find helpful <https://www.mentalhealth.org.uk/>

SAMH

Resources and direct support <https://www.samh.org.uk/>