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Bereavement and Mental Health Resources

Service	Contact Details
Bereavement	
For a wide range of organisations dealing with Bereavement please see www.supportline.org.uk .	
Cruse Bereavement Care Scotland A Scottish bereavement charity with a helpline and useful leaflets on the website.	0845 6002227 info@crusescotland.org.uk http://www.crusescotland.org.uk
NHS Inform Information that can support you through bereavement.	https://www.nhsinform.scot/care-support-and-rights/death-and-bereavement
British Psychological Society The leaflet explains the thoughts and feelings that people are likely to experience after a loved one dies, and the changes in behaviour that may result.	<u>'Supporting yourself and others: coping with death and grief during the Covid-19 pandemic'</u>
Mental Health	
The Samaritans A charity that offers mental health support and information online and via a helpline 24 hours a day.	08457 90 90 90 www.samaritans.org Their helpline is free and available to all ages. Call 116 123 or e-mail jo@samaritans.org 24/7.
Breathing Space A confidential phonenumber for anyone in Scotland feeling low, anxious or depressed.	0800 83 85 87 https://breathingspace.scot/
Kooth Free mental health support from online counsellors. A free sign up service with discussion	www.kooth.com

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boards, helpful tips, articles written by young people, and the option to write mood journals and set positive goals.	
NHS Every Mind Matters Advice about general mental health and <u>mental wellbeing while staying at home</u> . Also <u>Your Mind Plan, an interactive quiz</u> designed to help you feel more in control of your emotional and mental wellbeing.	www.nhs.uk/oneyou/every-mind-matters
NHS living Life Free phone service for those aged 16+ experiencing anxiety, low mood and mild to moderate depression. Guided self-help and cognitive behavioural therapy.	0800 328 9655
SAMH Series of information resources available to provide mental health support to adults and young people.	www.samh.org.uk
Mental Health Foundation Provides information and support for anyone with mental health problems or learning disabilities.	www.mentalhealth.org.uk
Mind Provide advice and support to empower anyone experiencing mental health difficulties.	www.mind.org.uk
Living Life to the full Free online courses covering low mood, stress and resilience. (More adult orientated)	www.lltff.com
Mindfulness and Wellbeing Apps	

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Calm A mindfulness app that includes various relaxing sounds to listen to, visualisations to help relaxations, “sleep stories”, and guided meditations.	www.calm.com/
Cove This app helps people to capture their mood and express it by making music. Note: you do not need to know how to play an instrument to use this app.	http://www.cove-app.com/
Chill Panda This free app is for children and adults who want to learn how to manage stress and worry, and feel better.	chillpanda.co.uk/
Smiling Mind A free app for encouraging mindfulness, meditation and positive wellbeing.	www.smilingmind.com.au/
Headspace A mindfulness app that has more of a “podcast feel” to it with various talks, guided meditations and helpful videos available.	https://www.headspace.com/
Stress and Anxiety companion A free app to help handle stress and anxiety. The app includes breathing exercises, relaxing music and games.	www.nhs.uk/apps-library/stress-anxiety-companion/

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