



NHS Greater Glasgow and Clyde Mental Health Improvement Team

Key websites and helplines to support your mental health and wellbeing

You may be worried about yourself and your family and how you can look after your mental health at this time. It's normal to feel stressed, scared, confused and even angry during these times. If you have any of those feelings only get information and advice from credible and reliable sources. Limit the amount of time you spend checking the news and avoid some of the 'fake news' stories that are going around.

NHS Inform will give you all the advice you need to keep yourself safe.

www.nhsinform.scot/coronavirus

You can find a range of **NHS Trusted Mental Health and Wellbeing Apps** here:

<https://www.nhs.uk/apps-library/category/mental-health/>

Pregnant and new parents: www.parentclub.scot

Children and Young People: Young Minds www.youngminds.org.uk Parent helpline; 08088025544

NSPCC <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Mental Wellbeing and COVID-19 - SAMH – www.samh.org.uk

How to look after your mental health – www.mentalhealth.org.uk

General Anxiety: www.anxietyuk.org.uk Text service 07537416905

Domestic Abuse/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: 08000271234 or email helpline@sdaafmh.org.uk

Bereavement – www.cruse.org.uk helpline and listening support.

Family bereavement centre provides counselling free of charge by anyone affected by the death of a child - www.lauracentre.org - For a wide range of organisations dealing with Bereavement please see www.supportline.org.uk

Loneliness – loneliness has many different causes and can affect people of all ages.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/>

Self-Harm; <https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/about-self-harm/>

Suicidal thoughts; Samaritans telephone **116 123** lines open 24 hours, Breathing Space, **0800 83 85 87** lines open 24 hours at weekends. **Do you need help now? If so dial 999 right away** –Don't Cope Alone!

Twitter: Follow us on **@ayemind99** for up to date information

Prepared by Heather Sloan, Health Improvement Lead – Mental Health, April 2020