

Mental Health and Wellbeing Resources



BBC Website [Headroom](#) where you can unwind with free relaxation tracks. Explore your mental wellbeing with Mood Spa. Or dig a little deeper with Ruby Wax and other friends on the more serious stuff.

bbc.co.uk/headroom



[Living life to the full](#): a free online course to help you overcome common problems seen in low mood. To find out more about the course go to the website www.daslltffi.co.uk or call on **0845 123 23 20**



[Breathing space](#) is a free and confidential phone line service for any individual who is experiencing low mood or depression. **0800 83 85 87** (Weekdays: Monday to Thursday 6pm - 2am. Weekends: Friday to Monday 6pm - 6am).



Things on your mind?

Call [Samaritans](#) on **08457 90 90 90**



[ChooseLife](#) is the national strategy and action plan to prevent suicide in Scotland where you can also access a variety of helpful resources and training. www.chooselife.net/



The [Scottish Recovery Network](#) is an initiative designed to raise the awareness of recovery from mental health problems www.scottishrecovery.net. There is also the [Ayrshire Recovery Network](#) which is an inclusive group of people who meet regularly within Ayrshire for relaxed and informal get-togethers. For more information please call Niall Brunton on **07988 736145**

[Moodjuice](#)

For fast and direct access to self help resources, for those individuals with mental health difficulties. Please refer to [Moodjuice](#) website: www.moodjuice.scot.nhs.uk



Break the Silence is a unique service in North & East Ayrshire offering support to survivors of childhood sexual abuse. Contact **01563 559558** to speak to a trained volunteer or counselor.

**Moving
On
Ayrshire**

Moving On Ayrshire is a counselling service for adult survivors of sexual abuse and rape throughout South Ayrshire. Contact **01292 290546** to speak to a trained volunteer or counselor.



Action on Depression: Scotland's National Charity for Depression. We run a number of support services including a phone and email helpline, self help support groups and also run "Living Life to the Full" courses based on Cognitive Behavioural Therapy in the Highlands, Lothian, East Ayrshire and online. www.actionondepression.org



Cruse Bereavement Care promotes the well-being of bereaved people and enables anyone bereaved by death to understand their grief and cope with their loss. As well providing free care to all bereaved people, the charity also offers information, support and training services to those who are looking after them. **Daytime Helpline 0844 477 9400** or www.crusebereavementcare.org.uk



Ayrshire Pregnancy Crisis Centre is an independent charitable trust that offers free and confidential support to those men and women grieving after a miscarriage, ectopic pregnancy, termination, still birth or adoption. For more information please call **01292 880028** or www.ayrshirepregnancy.co.uk



Ayrshire Sands is the local branch of the Stillbirth and Neonatal Death Charity. We offer support to bereaved family who have lost a baby at or around the time of birth. Office Number **01563 825 402** Mobile **0775 439 7685**. www.ayrshiresands.co.uk/



Bipolar Fellowship Scotland provides information, support and advice for people affected by bipolar disorder/manic depression and all who care. Work to promote Self-Help throughout Scotland as well as to inform and educate about the illness and the organization. 0141 560 2050 or www.bipolarscotland.org.uk



Support in Mind Scotland works to improve the wellbeing and quality of life of people affected by serious mental illness. This includes those who are family members, carers and supporters. We seek to support and empower all those affected by mental illness. www.supportmindscotland.org.uk/



SMC's Relationship Helpline offers you an immediate response to coping with your relationship difficulties, crises and concerns. We offer a warm human voice, providing experienced confidential support to help you talk through your problems and worries. **The relationship helpline 0845 122 8655** or www.scottishmarriagecare.org/



Sexual Health Ayrshire is the Ayrshire & Arran Sexual Health & Blood Borne Virus website. Offering Contraception - including emergency contraception and condoms

- Cervical smear tests
- Well woman information
- Pregnancy testing
- Advice about planning a pregnancy
- Counselling and referral for termination of pregnancy
- Sexually transmitted infections- testing, treatment and information
- HIV information & testing
- Hepatitis B testing and vaccination
- Hepatitis C testing and Info
- Sexual problems

Information/ advice about sexual health issues. **You can ring and make an appointment for yourself 01292 323 228.**



b-eat provides help lines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders. **Helpline 0845 634 1414, Youth line 0845 634 7650** www.b-eat.co.uk/



Alcohol Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. **National Helpline 0845 769 7555**



Ayrshire Council on Alcohol Tel: 01292 281 238 or This service provides confidential individual counseling, family/carer support, telephone counseling and access to other appropriate agencies. The service operates an 'open' referral system.



Addaction Ayrshire - Community Alcohol Rehabilitation Service and Community Drugs Rehabilitation Service Tel: 01563 558 777. This is an Ayrshire-wide service offering assessment and support to develop and implement individual recovery plans and SMART peer support meetings (Self Management and Recovery Training).



Alcohol Related Brain Damage Service Tel: 01292 264499 (South Ayrshire only) This service provides community based specialist support and rehabilitation, for those who have either been diagnosed with Alcohol Related Brain Damage (ARBD,) or have cognitive difficulties, where alcohol is the main issue which people present with.



AI - Anon Tel: 0141 339 8884 AI- Anon family groups provide a support to anyone whose life is, or has been, affected by someone else's drinking.



Narcotics Anonymous Tel: 07071 248710 A fellowship of men and women for who drugs have become a major problem. They are recovering addicts who meet regularly to help each other other stay clean.



Gamblers Anonymous. A fellowship of men and women who have joined together to do something about their own gambling problems and to help other compulsive gamblers do the same. [Helpline 0370 050 8881](tel:03700508881) or www.gascotland.org/



National Debt Line is a helpline that provides free confidential and independent advice on how to deal with debt problems. National Debt line is run by the Money Advice Trust, a charity funded by the Government and the private sector. Please phone the [National Debt line](tel:08088084000) free on **0808 808 4000** or www.nationaldebtline.co.uk/scotland



Hearing Voices groups are typically, a number of people who share the experience of hearing voices, coming together to help and support each other. The **Hearing Voices Network** is made up of over 180 groups. If you are interested in attending a Hearing Voices Self Help/Support, please look at www.hearing-voices.org/ and see if there is a group in your area. If there are none listed, [contact our office 0114 271 8210](tel:01142718210).



Steps for Stress is a government commissioned website that aims to help people recognise the signs of everyday stress, and offers advice and information on how to take action to help stop it in its tracks - such as being more active, talking to someone or helping other people. You can access this website on www.stepsforstress.org/



A NATIONAL TELEPHONE BASED GUIDED SELF HELP SERVICE FOR MILD DEPRESSION AND ANXIETY PROVIDED BY NHS 24. This service is currently available from 1pm - 9pm Monday to Friday. The service is provided by trained coaches. Members of the public can self refer and the service will accept referrals from primary care and secondary care. [NHS24 08454 24 24 24](tel:08454242424)



Touched by Suicide Scotland. A self help organisation who have been "touched by suicide" which exists to meet the needs and break the isolation of those bereaved by suicide. We offer emotional and practical support in a number of ways. [Tel No. 01294 229087](tel:01294229087) or you can [Email](#)

touchedbysuicidescotland@hotmail.co.uk or access the Website: touchedbysuicidescotland.org/



Challenge your Condition Course a free Self management (for any condition) course held throughout Ayrshire in 2011. Six short sessions to put you back in charge. Call Alex on **0845 600 3756** to book your place or for more info.



www.nhsinform.co.uk provides comprehensive up to date health information on conditions; medication and self care advice as well as helping you find local self management resources in relation to your health condition. For specific information related to mental health please use this link www.nhs.uk/Livewell/mentalhealth/Pages/helpline



The **Citizens Advice service** helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers. www.cas.org.uk



The **Princess Royal Trust for Carers Centre** offers information, advice, training, advocacy, leisure and social activities to carers. For more information contact your local centre **East Ayrshire 01563 571533, South Ayrshire 01292 263000, North Ayrshire 01294 311333**



Advocacy is speaking up for, or acting on behalf of, yourself or another person. For information on local advocacy services in your area please call **East Ayrshire 01563 574442, South Ayrshire 01292 264396, North Ayrshire 01294 608663** if you feel you require an advocate.

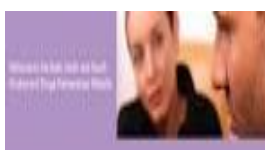


If you are frightened or worried about the way a partner or ex partner is treating you, you can get help by contacting the

Domestic Abuse Helpline on **0800 027 1234** This helpline can also put you in touch with local centres.



Rape Crisis Scotland provides a national rape crisis helpline for anyone affected by sexual violence. For support call **08088 01 03 02**. The helpline can also put you in touch with Local Rape Crisis Centres.



ADP South Ayrshire Alcohol and Drug Partnership
Young Persons Alcohol Intervention Team (YAIT) 01563 826180
South AYRSHIRE Council Childrens and Families 01292 267675
Barnardos Axis South Ayrshire Project 01292 610479,
Childrens 1st Directions Project 01292 288373, Stepping
Stones for Families 01465 710161, The Lighthouse
Foundation 01563 521343, Scottish Families Affected by
Drugs Helpline 08080 101011



The Ethnic Survivors Forum is a new culturally sensitive service available for minority ethnic communities and professional bodies. The Ethnic Survivors Forum offers support services for minority ethnic adult survivors of childhood sexual abuse, **Tel No 0808 80 22 222**



Broken Rainbow LGBT Domestic Violence (UK) was started in 2002 and became a registered charity in 2004.

Our objective is to relieve the distress and suffering caused to lesbians, gay men, bisexual and transgender (hereinafter called "LGBT") people by domestic violence and abuse, **Tel No. 0300 999 5428**



Veteran First Point is a one stop shop for veterans living in Scotland. The core of the operation is a team of peer support workers (PSWs) who act as the listening ear to whatever needs you may have. They are all ex-servicemen or women and their role is to help you move forward with your life. **Tel No. 07527 845122** or www.veteransfirstpoint.org.uk



Respect is the UK membership association for domestic violence prevention programmes and integrated support services. Our vision is to end violence and abuse in intimate partner and close family relationships. Our key focus is on increasing the safety and well-being of victims by promoting, supporting, delivering and developing effective interventions with perpetrators. **Tel No 0845 122 8609**



SupportLine provides a confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.

Helpline: 01708 765200



Homeless in Ayrshire? If you are homeless or think you will become homeless within the next 2 months, then contact your local council housing service. You will be interviewed by skilled and experienced staff who will provide you with housing advice and assistance. Telephone your local council at - **North Ayrshire Council (01294) 314700** - **South Ayrshire Council (01292) 611600** - **East Ayrshire Council (01563) 554554**. If you are homeless and need accommodation when your local council offices are closed telephone - **North Ayrshire Council Out of Hours Service 0800 0196 500** - **South Ayrshire Council Homeless Standby 0808 100 3151** - **East Ayrshire Council's Emergency Helpline 0845 7240000**.



Penumbra is an innovative Scottish mental health charity, working to improve mental wellbeing across the nation. We provide a wide range of services which offer hope and practical steps towards recovery. **Penumbra's North Ayrshire Self Harm Service** provides confidential and non-judgmental support to young people between the ages of 11-25 years who live in North Ayrshire. We also provide self harm awareness raising sessions to North Ayrshire based professionals and young people and information and advice to families and careers Telephone: 01294 471934 or 07717451858 or email Helen.Gibson@penumbra.org.uk Website: www.penumbra.org.uk



Dementia helpline 24 hour Freephone 0808 8083000
e-mail helpline@alzscot.org



Bipolar Support Group

Held in Ayr and Meets Third Monday in the Month.

Riverside Church, John Street Ayr

No need for referral, just come along on the night.

For more information contact Aileen on 0141 560 2050

or email aileenb@bipolarscotland.org.uk



SAMH- SAMH operates a **Mental Health Information Service** from Monday to Friday between the hours of 2pm and 4pm. Information Service staff and volunteers can answer general mental health enquiries, advise you on your rights and signpost you to your local services. Unfortunately we cannot provide medical advice, counselling, financial advice or representation, but we can point you in the direction of someone else who may be able to help you. For help please call: 0800 917 3466 Mon-Frid 2-4pm info@samh.org.uk



IDAA - Independent Domestic Abuse Advocacy Service.

A person centred service for women who have been identified as medium to high risk of harm due to domestic violence. This service is based in Ayr. Referrals can be made by a variety of resources within health and social care. Referrals can be made by phone [07530112060](tel:07530112060) or access by email dacourtsupport@south-ayrshire-gov.uk



Sandyford offers a wide range of health services including advice, information, referrals and support for women, men and young people on all aspects of emotional, sexual and reproductive health - at all stages of your life. Find out more at:

http://www.sandyford.org/media/88274/genderidentityservice_sf%5B1%5D.pdf



The Scottish Transgender Alliance works to improve gender identity and gender reassignment equality, rights and inclusion in Scotland.

<http://www.scottishtrans.org/>



The website below gives details of the helpline and also contains lots of useful information to help trans people.

<http://www.transgenderscotland.org/html/crosslynx.html>