

## **Mental Health and Wellbeing Supports: NHSGGC Mental Health Improvement Team**

During the Coronavirus outbreak people may be feeling lonely and have experienced big changes to their normal routine. Many people will find these things difficult and will experience more stress at this time. Although this can be difficult, it's important for them to know that they are not alone and that these feelings and this outbreak will pass.

### **Distress and Suicidal Thoughts**

Some people find that talking with friends and family about their feelings can be a real source of support for coping with distress or suicidal thoughts. It might be helpful for them to map their support network, and think about people they could call if their feeling suicidal. Other people may prefer to seek more professional support or call a helpline such as Breathing Space, Samaritans or Shout

- **Breathing Space 0800 83 85 87**
- **Samaritans 116 123**
- **SHOUT Text SHOUT to 85258**

For some people they may be finding it difficult to cope and may think of ending their life, if you are concerned about an individual's mental health and wellbeing and feel they may be in distress, their Doctor should be their first point of contact. If you feel the individual is in immediate danger please call **999** for assistance.

This resource provides a range of useful mental health and wellbeing helplines and supports that you can signpost people to during this time.

## Supportive Trusted Adult

Talking to a supportive trusted adult is good for our mental health.

Here are some tips to help you be that adult:

### Do

- Listen
- Ask direct questions
- Treat the person with dignity and respect
- Offer emotional support and understanding
- Encourage help seeking

### Don't

- Judge
- Overreact
- Dismiss their concerns
- Rush to solve the problem
- Tell them they are wrong to feel a certain way

Theme	Helplines	Organisation	Useful Websites
<p><b>General Mental Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Anxiety,</li> <li>• Low mood</li> <li>• Stress</li> <li>• Depression</li> <li>• Sleep</li> <li>• Bereavement</li> </ul>	<p><b>NHS Living Life: 0800 328 9655:</b> A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Mon-Fri 1pm -9pm</p> <p><b>Samaritans: 116 123.</b> A free and confidential support to anyone, any age.</p> <p><b>Breathing Space: 0800 83 85 87.</b> A free confidential phone and web based service for people experiencing low mood, depression or anxiety. Mon-Thurs 6pm – 2pm and weekends Friday 6pm to Monday 6am</p> <p><b>Shout:</b> provides free, confidential support, 24/7 via text. for anyone in crisis anytime, anywhere in the UK . Text <b>SHOUT to 85258</b> to text with a trained Crisis volunteer.</p> <p><b>Bereavement Trust Helpline:</b> Available 6pm-10pm every evening. Tel: <b>0800435455</b></p>	<p><b>Lifelinek</b></p> <p>Providing counselling services via telephone or video. Self referral can be made via telephone or online, British Sign Language also available. Contact: <b>0141 552 4434</b> or <a href="http://www.lifelinek.org.uk">www.lifelinek.org.uk</a></p>	<p><b>NHS Inform</b> will give you all the advice you need to keep yourself safe. <a href="http://www.nhsinform.scot/coronavirus">www.nhsinform.scot/coronavirus</a></p> <p><b>Clear Your Head:</b> aims to help people cope during the coronavirus pandemic, Shares practical advice and steps people can take to look after their mental health and wellbeing. <a href="http://www.clearyourhead.scot">www.clearyourhead.scot</a></p> <p><b>Staying Safe Website:</b> If you're struggling and you're not sure if you want to live or die, can you, just for now hold off making this decision and keep read the information and watch the videos for some ideas about how to get through. There may be things that you - and other people - can do to make things better. <a href="https://stayingSAFE.net/">https://stayingSAFE.net/</a></p> <p><b>Heads Up</b> offers mental health advice and information on mental health conditions, about how you can support yourself or the people you care for, the services available to you and the range of interventions. <a href="http://www.headup.scot">www.headup.scot</a></p> <p><b>NHS Greater Glasgow and Clyde</b> provides on information on bereavement services and resources and signpost to other organisations who support those experiencing bereavement. Visit <a href="https://www.nhs.uk/ggc/your-health/health-services/bereavement-services/">https://www.nhs.uk/ggc/your-health/health-services/bereavement-services/</a></p> <p><b>NHS Trusted Mental Health and Wellbeing Apps:</b> a range can be found here: <a href="https://www.nhs.uk/apps-library/category/mental-health/">https://www.nhs.uk/apps-library/category/mental-health/</a></p>
<p><b>Loneliness and Isolation</b></p>	<p><b>Age Scotland: 0800 1244 222.</b> Free confidential service for older people, their carers and families. Mon-Fri 9am-5pm</p>	<p><b>The Good Morning Service</b></p> <p>Available for those aged 55+ years living in Glasgow City. Provide telephone befriending and alert calls to older people. Call <b>0141 336 7766</b> or <b>0333 101 0036</b></p>	<p><b>Mind:</b> provides tips to manage loneliness <a href="https://www.mind.org.uk/search-results?q=mind%20loneliness">https://www.mind.org.uk/search-results?q=mind%20loneliness</a></p> <p><b>Age UK:</b> provides information on a range of health and wellbeing topics including mental health <a href="http://www.ageuk.org.uk/scotland">www.ageuk.org.uk/scotland</a></p>
<p><b>Maternal and Paternal/ Mental Health</b> : refers to the parent's mental health during pregnancy and the first year after birth.</p>	<p><b>The Pandas Foundation:</b> Free helpline, <b>0808 1961 776</b> open Monday to Sunday 9am – 8pm, to parents and their networks who need support with Perinatal Mental Illness.</p>	<p><b>South PANDAS</b></p> <p>Support for parents currently through telephone <b>07434695167</b> or Facebook @GlasgowSouthpandas</p>	<p><b>Maternal Mental Health Scotland:</b> links to useful guidance for pregnancy and birth during COVID 19. <a href="http://www.maternalmentalhealthscotland.org.uk">www.maternalmentalhealthscotland.org.uk</a></p>

	<p><b>Cry-sis:</b> Support for crying and sleepless babies. Provides a telephone helpline 08451 228 669 (charge attached). Lines open 7 days a week 9am-10pm. Website offers information on how to cope with sleepless/or crying babies. <a href="https://www.cry-sis.org.uk/">https://www.cry-sis.org.uk/</a></p> <p><b>Mind the Men:</b> a suicide prevention peer to peer support group. Facebook@mindthemen or email <a href="mailto:mindthemen@gmail.com">mindthemen@gmail.com</a></p>		<p><b>Parent Club:</b> provides information on pregnancy, babies, parenting, coping with teens and also COVID-19 questions and answers. <a href="http://www.parentclub.scot">www.parentclub.scot</a></p>
Alcohol and Drugs and Addictions	<p><b>Scottish Families Affected by Drugs and Alcohol</b></p> <p><b>Alcoholics Anonymous</b> T: 0800 9177 650</p> <p><b>Gamblers Anonymous Scotland</b> T: 0370 050 8881</p> <p><b>Narcotics Anonymous Scotland</b> T: 0300 999 1212</p>	<p><b>Family Addiction Support Service</b></p> <p>Provide confidential support to families affected by loved one's drug or alcohol problems. Contact: <b>Val: 07367353584</b> or <b>Kathleen: 0777593713</b></p>	
		<p><b>Glasgow Council on Alcohol</b></p> <p>Offer support to individuals who are concerned about their drinking. Contact: <b>0141 353 1800</b> or use the free helpline <b>0808 802 9000</b> if you want to speak to a trainer counsellor or you can refer yourself using the on line form <a href="https://www.glasgowcouncilonalcohol.org/self-referral-form/">https://www.glasgowcouncilonalcohol.org/self-referral-form/</a></p>	
Lesbian, Gay, Bisexual and Transgender	<p><b>LGBT Helpline:</b> 0300 123 2523 Tues-Wed 12pm – 9pm, Thurs 1pm – 6p &amp; Sunday 1pm-6pm. Provide information and emotional support to lesbian, gay, bisexual and transgender people , their families and friends.</p>	<p><b>LGBT Health and Wellbeing</b> 12 Queen's Crescent Glasgow G4 9AS <a href="mailto:glasgow@lgbthealth.org.uk">glasgow@lgbthealth.org.uk</a></p> <p><b>LGBT Youth</b> 30 (3/2) Bell Street Glasgow, G1 1LG <a href="mailto:info@lgbtyouth.org.uk">info@lgbtyouth.org.uk</a></p>	<p><b>LGBT Health and Wellbeing:</b> working to improve the health and wellbeing and equality of lesbian, gay, bisexual and transgender people in Scotland <a href="http://www.lgbthealth.org.uk">www.lgbthealth.org.uk</a></p>
Disability and Additional support needs	<p><b>Glasgow Disability Alliance</b> Support for disabled people, older people and those living with long term conditions. T: <b>0141 556 7103</b> Text: <b>07958 299 496</b></p>		

<p><b>BME, Refugees, Asylum Seekers</b></p>	<p><b>Amina Helpline: 0808 801 0301</b> Mon-Fri 10am-4pm, provide a listening ear and signposting services for Muslim women across Scotland.</p> <p><b>Scottish Refugee Council:</b> during COVID-19 will provide a full service by phone only <b>0141 223 7979</b>. Mon, Tues, Thurs, Fri 10am -1pm &amp; 2pm – 4pm and Wed 2pm – 4pm</p> <p><b>National Helpline: 0800 111 4000</b> for those that don't have a network of support but who are at high risk of contracting COVID-19, everyday 9am -5pm</p>		
<p><b>Domestic Violence</b></p>	<p><b>Domestic Abuse and forced Marriage /GBV</b> - 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: <b>08000271234</b> or email <a href="mailto:helpline@sdafmh.org.uk">helpline@sdafmh.org.uk</a></p> <p><b>GALOP:</b> A National LGBT+ Domestic Abuse Helpline <b>0800 999 5428</b> offering Emotional and practical support for LGBT+ people experiencing domestic abuse.</p> <p><b>Abused Men in Scotland: 0808 800 0024</b> Provide information and support for men who have experienced or are experiencing domestic abuse</p>		
<p><b>Long Term Conditions</b></p>	<p><b>Diabetes Scotland:</b> Call 0141 212 8710*, Monday–Friday, 9am–6pm or email <a href="mailto:helpline.scotland@diabetes.org.uk">helpline.scotland@diabetes.org.uk</a> Confidential helpline (charges apply) that can provide information about the condition and take time to talk through and explore emotional, social, psychological or practical difficulties.</p> <p><b>Asthma UK:</b> Speak to an asthma expert nurse on their helpline 0300 222 5800. Also visit their website <a href="http://www.asthma.org.uk">www.asthma.org.uk</a> which is providing</p>		

	<p>updated information on COVID-19 as they receive it.</p> <p><b>Epilepsy Scotland:</b> provide a free confidential helpline that provides information and emotional support to anyone affected by epilepsy. Call 0808 800 2200, Mon-Fri 9.30am -4.30pm. Website hosts a range of information and resources <a href="http://www.epilepsyscotland.org.uk">www.epilepsyscotland.org.uk</a></p> <p><b>British Heart Foundation:</b> website which hosts a section on emotional support and wellbeing <a href="http://www.bhf.org.uk">www.bhf.org.uk</a></p> <p><b>British Lung Foundation:</b> helpline available 03000 030 555, Mon – Fri 9am – 5pm calls cost as local call. Website <a href="http://www.blf.org.uk">www.blf.org.uk</a> also provides a range of information.</p>		
<b>Criminal Justice</b>	<p><b>Families Outside</b> Provides help, information and support for families affected by imprisonment Helpline: <b>0800 254 0088</b> Text <b>FAMOUT to 6077</b></p>		