

# Mental Wellness Resource Sheet

## Find someone to talk to:

- GP (family doctor)
- NHS 24 - call **111**
- Police Scotland - call **101** or **999**
- Manager at work and any helpline or support services provided by employer
- Trusted friends
- Family
- Samaritans - call **116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org)
- Other trusted helplines/online information sites

## Giving help – examples of what you could say:

- “I noticed you seemed upset. Are you ok?”
- “Do you want to talk?”
- “What can I do to support you?”
- “Who else would you trust to help you with this?” (Think of a trusted person/professional to get help).
- “How do you feel about going to your GP?”
- “How about taking a break from social media for a while?”
- “I’m sorry you’re going through that.”

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## Free Mental Health Digital and Phone Resources:

**Living Life:** A free phone service available to anyone over the age of 16 who is suffering from low mood, mild to moderate depression and/or anxiety. Through Guided Self-Help, individuals learn to change their way of thinking, helping them to react more positively, while boosting self-esteem. You can access Living Life either by GP referral or by phoning their free, confidential phone line. You will be asked to provide some details and then an assessment appointment will be arranged to discuss the service and how help can be provided to you.

**T.** 0800 328 9655 (Mon - Fri, 1pm - 9pm)

**W.** <http://www.nhs24.com/usefulresources/livinglife/>

**Breathing Space:** A free, confidential phone line to call if you feel down or stressed.

**T.** 0800 838 587

**W.** [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

**SAM-app:** A free app to help manage anxiety as it is happening.

**W.** <http://sam-app.org.uk/>

**Moodscope:** A daily e-mail which comes with a short story of someone's lived experiences. Includes a link to a "card test" where you score yourself between 1 and 4 for several feelings, such as anxious, confident etc. Your score is automatically calculated, and you can annotate it with comments reflecting why you scored as you did that day e.g. weather was dark and wet, anxious about a project etc. You can choose some moodscope buddies who automatically see your score, and so can pick up on any dips, and offer support.

**W.** <http://moodscope.com>

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**Moodnudges:** Moodnudges are concise four-times-a-week messages designed to lift your mood and raise your spirits, one gentle nudge at a time, and completely free. Sometimes light-hearted, always inspirational, they're written by genuine people who really understand.

**W.** <http://moodnudges.com/>

**Moodjuice:** An online resource with lots of useful information and helpful worksheets on: Anger, Panic, Assertiveness, Anxiety, Stress, Chronic Pain, Bereavement, Phobias, Depression, Post Traumatic Stress, Obsession & Compulsions, Sleep Problems, Shyness, Addiction, Carers Support, Crisis.

**W.** [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

**Moodcafe:** An NHS (Fife) website promoting mental health and includes self-help materials.

**W.** [www.moodcafe.co.uk](http://www.moodcafe.co.uk)

**Birchwood Highland:** Promoting mental health recovery, via: support in people's own homes in the communities of Inverness, Easter Ross, Lochaber and Caithness; a 23 bed residential Recovery Centre in Inverness to service Highland; a remote support service. Raising awareness and challenging stigma whilst promoting independence, inclusion and recovery.

**T.** 01463 236 507

**W.** [www.birchwoodhighland.org.uk](http://www.birchwoodhighland.org.uk)

**Highland Mental Wellbeing:** A collection of resources to support mental wellbeing.

**W.** <http://www.highlandmentalwellbeing.scot.nhs.uk>

**Steps for Stress:** A simple guide to stressing less and enjoying life more.

**W.** <http://www.stepsforstress.org/>



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**Health and Safety Executive:** Information on work-related stress, including case studies, training and risk assessments.

**W.** <http://www.hse.gov.uk/stress/index.htm>

**W.** <http://www.hse.gov.uk/gohomehealthy/stress.htm>

- Shining a light on work related stress

**Mates in Mind:** Mates in Mind aims to raise awareness, address the stigma of poor mental health and improve positive mental wellbeing in the UK construction industry.

**W.** [www.matesinmind.org](http://www.matesinmind.org)

**Aye Mind:** Aye Mind is on a mission to improve the mental health and well-being of young people – by making better use of the internet, social media and mobile technologies. Aye Mind are working with young people aged 13 to 21 to create and share a wide range of resources. They're also making a digital toolkit for all who work with young people too, to boost their ability to promote youth well-being.

Visit: <http://ayemind.com/>

**Innovation Labs:** 7 apps developed with young people to improve young people's mental health, e.g. how to prepare yourself for a visit to the doctor.

Visit: <http://www.innovationlabs.org.uk/the-seven-apps-websites/>

**The Mix:** Free support for under 25s with lots of digital help.

Visit: <http://www.themix.org.uk/>

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## Video Clips:

**See Me:** A series of clips under 1 minute to help you start conversations about mental health - your own or someone else's.

**Visit:** <http://bit.ly/2wM3HxK>

**The small things we can do:** A series of clips of what people do for a friend or partner with mental health problems, or what people with problems have had done for them by friends.

**Visit:** <http://bit.ly/2fEDL17>

**Elefriends:** Elefriends say they are a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. They say that whether you're feeling good right now, or really low, it's a safe place to share experiences and listen to others.

**Visit:** <http://bit.ly/1oR8BhG>

## Resources for a Younger Workforce:

**Cool Heads:** [http://www.healthscotland.com/uploads/documents/1485-CoolHeads\\_1.pdf](http://www.healthscotland.com/uploads/documents/1485-CoolHeads_1.pdf)

**Young Minds:** <http://www.youngminds.org.uk/>