

## **SELF-ACCESS MENTAL HEALTH RESOURCES FOR PATIENTS**

### **OCCUPATIONAL / EDUCATIONAL RESOURCES**

#### **GENERAL / MIXED INFO**

#### **FAMILIES / YOUNGER ADULTS / TEENS / CHILDREN**

#### **SELF HARM SUPPORT**

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#### **LGBT SUPPORTS**

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#### **GENERAL COUNSELLING / FAMILY MEDIATION**

#### **FREE PHONE APPS**

### **Occupational / Educational Resources**

If you are in employment or education (College or University) it is likely that you will be able to access to Mental Health support this way. Most big employers and educational establishments had this pre-COVID but many more have taken it on board since COVID. It may be worth checking this out as it is likely to be free aswell.

1. Military employees and families  
<https://www.ssafa.org.uk/get-help/mental-wellbeing>  
SSAFA is ready to help all service men and women, veterans and their families, with any mental or emotional health concerns.
2. NHS Grampian Staff  
<https://gohealthservices.scot.nhs.uk/counselling>  
As part of an ongoing commitment to improve our service GO Health Services have developed a new Counselling and Wellbeing Hub. When you contact the hub you will first speak to one of the trained wellbeing advisors. The wellbeing advisor will provide a listening service and signpost you to targeted sources of support. This may be all that you need but if you would benefit from additional support from our specialist counselling team or an occupational health advisor, this will be arranged.
3. People who work in supermarkets  
<https://www.groceryaid.org.uk>  
They provide counselling sessions and online CBT programmes, family and relationship counselling, debt management and legal advice for people who work in supermarkets.  
Confidential 24/7 helpline 08088 021 122

### **General / mixed info**

1. Grampian Psychological Resilience Hub  
[www.nhsgrampian.org/covid-19/covid-19-public-information/subpages/mental-health-support/what-is-the-grampian-psychological-resilience-hub/](http://www.nhsgrampian.org/covid-19/covid-19-public-information/subpages/mental-health-support/what-is-the-grampian-psychological-resilience-hub/)  
For anyone struggling with their psychological wellbeing, including those whose feelings/difficulties may have become more difficult during COVID 19.
2. Glasgow Steps  
[www.wellbeing-glasgow.org.uk](http://www.wellbeing-glasgow.org.uk)  
Tel: 0141 232 2555 08:30 am – 4pm  
They have downloadable self-help books for a wide range of subjects including anxiety, panic attacks and anger problems.
3. Living Life to the Full  
[www.lltf.com](http://www.lltf.com)  
Excellent online resource with online courses and they also run workshops and have an online shop for DVD's books about anxiety/stress etc
4. Clear Your Head  
<https://clearyourhead.scot/>  
The coronavirus outbreak has been going on for a while now. Daily life has changed for all of us in Scotland and it can feel worrying, lonely and uncertain. It's ok to not feel yourself. There are some great tips to help you clear your head and connect with others.
5. Moodgym  
<https://moodgym.com.au>  
Moodgym is like an interactive self-help book which helps you to learn and practise skills which can help prevent and manage symptoms of depression and anxiety.  
A German language version is also available as a link from the above webaddress.
6. SAMH : Scottish Association for Mental Health  
[www.samh.org.uk](http://www.samh.org.uk)  
Self-help & wellbeing resources, including for children & young people. There is a section dedicated to suicidal thoughts.

7. NHS Inform  
<https://www.nhsinform.scot/illnesses-and-conditions/mental-health>  
 Advice and information about how to recognise and manage many mental health conditions including anxiety, depression, eating disorders, phobias, PTSD and more...
8. <https://www.getselfhelp.co.uk>  
 This website provides CBT self help and therapy resources, including worksheets and information sheets and self help mp3s
9. Samaritans  
[www.samaritans.org](http://www.samaritans.org)  
 Call 116 123 (free)  
 24hr a day provision of confidential emotional support for people who are distressed, feeling in despair or having suicidal thoughts.
10. Breathing Space  
[www.breathingspace.scot](http://www.breathingspace.scot)  
 0800 83 85 87  
 Mon – Thurs 6pm – 2am, Fri – Mon 6pm – 6am  
 For people who are feeling down or depressed. Experienced advisors will listen and provide confidential information and advice.
11. Cruse Bereavement Care  
[www.cruse.org.uk](http://www.cruse.org.uk)  
 For those that have lost a loved one. Adult and children's services exist in Moray.  
 Tel : 0845 600 2227
12. Moray Wellbeing Hub  
[www.wellbeinghub.org.uk](http://www.wellbeinghub.org.uk)  
 On line topics, discussions and tips for a huge variety of topics including; depression, relaxation, bullying in the workplace, drugs and alcohol.
13. Centre for Clinical Interventions  
[www.cci.health.wa.gov.au/Resources/Looking-After-Yourself](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself)  
 If you experience a condition that is affecting your mental health and are looking for specific information about different types of problems then the 'workbooks' or sets of modules in this section may be relevant to you. Some of the modules can be used on their own, while others are best used as part of the series; each workbook will have its own suggestions.

#### **Families / Younger Adults / Teens / Children**

1. Children 1st & Parentline  
<https://www.children1st.org.uk/>  
 It offers trauma support for children and families and also has advocacy services. They deal with a variety of issues including self-harm or simply 'not coping' at home or school. The local branch of Children 1st, based in Northfield Terrace in Elgin, has provided food vouchers, cooked meals, given money advice and continued to be there through video calls to help local children and families during lockdown. As restrictions eased, the charity, which assists families and children who have been affected by trauma or adverse childhood experiences, organised a range of summer holiday activities including beach days for families who have children with additional support needs.  
 Parentline is part of Children 1st  
<https://www.children1st.org.uk/help-for-families/parentline-scotland>  
 For parents who may feel that they are at the end of their tether or are struggling to make ends meet  
 Tel 08000 28 22 33 free, browse our website for advice and support, or start a webchat.  
 Mon-Fri, 9am to 9pm, Sat-Sun, 9am to noon
2. Child & Adolescent Mental Health Services  
<https://www.camhs-resources.co.uk/>  
 Created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.
3. Anna Freud Centre  
<https://www.annafreud.org/>  
 Self-care strategies, mental health information, for young people, also have a crisis text support service.
4. YoungMinds Crisis Messenger  
<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#how-does-it-work>  
 The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

5. Papyrus Prevention of Young Suicide  
[www.papyrus-uk.org](http://www.papyrus-uk.org)  
 Tel :0800 068 41 41  
 Available for young people, families and carers.
6. Childline  
 0800 1111  
 For anyone under the age of 19yrs, they can call and discuss any issue they are going through.
7. The Mix  
[www.themix.org.uk/mental-health/selfharm](http://www.themix.org.uk/mental-health/selfharm)  
 Provides mental health advice and support specifically for <25's.

#### Self harm support

1. The National Self Harm Network  
[www.nshn.co.uk](http://www.nshn.co.uk)  
 Provides a forum for survivors, professionals and families
2. Self Injury Support  
[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)  
 Listings of groups and services for females who are struggling with self-injury, self harm and their underlying causes.

#### Eating Disorders

1. <https://www.anorexiabulimiare.org.uk/>  
 Encouragement, advice and support for sufferers and family members.  
 Tel 03000 111213
2. [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)  
 Tel: 0345 634 7650  
 UK charity for sufferers and their families
3. [www.oagb.org.uk](http://www.oagb.org.uk)  
 Over eaters anonymous to help people share experiences, and gain strength and hope for recovering from over eating.
4. [www.eatingdisorderssupport.co.uk](http://www.eatingdisorderssupport.co.uk)  
 Support on the journey to recovery.  
 Tel: 01494 793223  
 There is also online self-help groups. & e-mail support

#### Addictions including Gambling

1. Arrows / Quarriers  
 For substance misuse and alcohol misuse  
<https://www.quarriers.org.uk/services/arrows-drug-and-alcohol-support/>  
 Elgin 01343 610500  
 COVID hours Mon – Fri 10-5 , Sat 12-3  
 Phone support for users 9-6 daily
2. Alcoholics Anonymous  
<https://www.alcoholics-anonymous.org.uk/>  
 Has a 'Find a meeting section' – meetings exist in Forres, Nairn, Elgin, Duffus and Lossie although unsure what format during COVID
3. Gambling  
<https://www.gamstop.co.uk/>  
<https://www.begambleaware.org/>  
 Can help you put a variety of controls in place  
 Specific blocks include :
  - Gamban.com
  - Gamblock.com
  - Betfilter.com
  - Betblocker.org
  - Netnanny.com
4. <https://gascotland.org/>

Gamblers Anonymous Scotland, doing Zoom and videoconference calls at present but outwith COVID have a meeting in Moray College on a Monday evening  
Tel : 0370 505 8881

### LGBT supports

1. Scottish Trans Alliance  
<https://www.scottishtrans.org>  
They work to improve gender identity and gender reassignment equality, rights and inclusion in Scotland. They are inclusive of non-binary people and strive for everyone in Scotland to be safe and valued whatever their gender identity and gender reassignment status and to have full freedom in their gender expression.
2. LGBT Youth Scotland  
<https://www.lgbtyouth.org.uk>  
They are Scotland's national charity for LGBTI young people (13–25 year olds) They also deliver the LGBT Charter programme to schools, organisations and businesses. They promote LGBT health and wellbeing, and are a valued and influential partner in LGBTI equality and human rights.
3. LGBT Health and Wellbeing  
<https://www.lgbthealth.org.uk>  
They work to improve the health, wellbeing and equality of lesbian, gay, bisexual, and transgender (LGBT) people in Scotland. They provide support services, social events and develop resources so LGBT people can address the health issues that impact their lives and connect with their local communities.
4. Stonewall  
<https://www.stonewallscotland.org.uk>  
Information and support for LGBT communities and their allies.  
Contact Stonewall's Information Service FREEPHONE 0800 0502020 Lines are open 9:30 - 4:30 Monday to Friday

### Sexual abuse/assault

1. Health In Mind  
<https://www.health-in-mind.org.uk/>  
Suitable for adult survivors of any childhood abuse; sexual, emotional, physical, spiritual or neglect. There is a variety of languages offered.
2. Moray Rape Crisis ; Sexual Assault and Trauma Service  
[www.morayrapecrisis.scot/about-moray-rape-crisis](http://www.morayrapecrisis.scot/about-moray-rape-crisis)  
Moray Rape Crisis provides free and confidential information, advocacy and support to anyone in Moray (age 11 and over) affected by any form of sexual violence. This includes survivors of sexual violence of all genders and their friends, partners and families.  
Call the RCS helpline on 08088 01 03 02

### General Counselling / Family Mediation

1. COSCA  
<https://www.cosca.org.uk/>  
Scotland's professional body for counselling and psychotherapy. Can do a search for counsellor by name or postcode area.
2. Counselling Directory  
<https://www.counselling-directory.org.uk/>  
Find a counsellor near you on the UK's Counselling Directory. Connect with a qualified local counsellor or therapist.
3. Relationship Scotland  
[www.relationships-scotland.org.uk/find-a-local-service/family-mediation-services/highland](http://www.relationships-scotland.org.uk/find-a-local-service/family-mediation-services/highland)  
Relationships Scotland's network provide relationship counselling, family mediation, child contact centres and other family support services across all of mainland and island Scotland. Our work supports individuals, couples and families experiencing relationship difficulties.  
Info line : 0345 119 2020 Mon – Fri 09:30 – 4:30pm
4. R-evolution for good  
<https://revolutionforgood.org.uk/>  
Offer a free counselling service to adults or young people 16yrs+
5. Avenue  
<https://www.avenue-info.com/>  
AVENUE is the leading provider of Mediation, Counselling and Child Contact Centres in Northeast Scotland.

## FREE PHONE APPS

1. [Calm Harm](#)  
Award winning app to help resist the urge to self harm.
2. [SilverCloud Toolkit](#)  
Silvercloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, anger management, stress management, relaxation and sleep management, among many others.
3. [Stay Alive](#)  
A suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.
4. [SAM Self Help for Anxiety Management](#)  
SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.
5. [Mood Tools Depression Aid](#)  
If you are feeling sad, anxious, or depressed, lift your mood with MoodTools. MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.
6. [Rise Up & Recover](#)  
Rise Up + Recover is an app for people struggling with food, dieting, exercise and body image. The app is based upon self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT).
7. [MindShift CBT](#)  
Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. [MindShift](#) is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.