



Mental wellbeing tips

We all need good mental health and wellbeing – it's essential to living happy and healthy lives, and can help us sleep better, feel better, do the things we want to do and have more positive relationships. It can also help us deal with difficult times in the future.



Be Active
Do what you can,
Enjoy what you do,
Move your mood

Keep Learning
Embrace new experiences,
See opportunities,
Surprise yourself

Give
Your time,
your words,
your presence

Connect
Talk and Listen,
Be there,
Feel Connected

Take Notice
Remember the
simple things that
give you joy



Looking after yourself



NHS 24 Mental Health Hub

If you need urgent support for your mental or emotional health, you can call the NHS24 Mental Health Hub on 111. The service is open 24 hours every day for anyone in Scotland.

[Learn more](#)



0800 83 85 87
www.breathingspace.scot

Breathing Space

We are a free, confidential, phone service for anyone in Scotland over 16. If you're experiencing low mood, depression or anxiety, we provide a safe and supportive space, listening, offering advice and providing information.

[Learn more](#)



Samaritans

If you are going through a difficult time, you can get in touch with Samaritans. We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

[Learn more](#)



for Scotland's mental health

SAMH

As Scotland's Mental Health charity, we offer a range of services across Scotland and have a hub with guidance for looking after your mental wellbeing as the coronavirus developments continue.

[Learn more](#)



United to Prevent Suicide

United to Prevent Suicide offers support to help prevent suicide. United to Prevent Suicide is not just a name or a logo. It's a movement.

[Learn more](#)



Support in Mind Scotland

We believe anyone affected by mental health issues deserves compassionate and expert support and we've compiled some guidance to help people through this difficult time.

[Learn more](#)



NHS Inform

During the pandemic, it's important to have the right information. There are a number of useful, reliable sources available on NHS Inform to help you stay calm and relaxed.

[Learn more](#)



Young Scot

We're the National Youth Information Agency for young people in Scotland. Learn about what you can do if you are feeling anxious and worried, and how you can support others in your community.

[Learn more](#)



Parent Club

Parent Club has a whole host of mental advice tips and advice to help parents and children during the coronavirus outbreak.

[Learn more](#)



Ready Scotland - helping in your community

For advice on helping in your community and where to find additional support visit Ready Scotland.

[Learn more](#)



Rape Crisis Scotland

The Rape Crisis Scotland National Helpline provides support for anyone in Scotland affected by sexual violence at any time in their lives.

[Learn more](#)



Maternal Mental Health Scotland

We bring together lived and professional experience of perinatal and infant mental health into one voice. We use this to educate the public, health professionals and policy makers and campaign for change.

[Learn more](#)



The pandemic can make you feel worried, lonely and uncertain. When this happens, it's natural to not feel yourself.

Click Here to get the right help and support



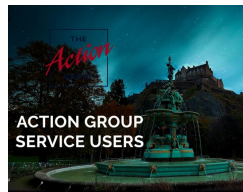


Do you want to join the Service Users Facebook Page

- 1 Click the logo here to go to the Facebook page



- 2 You will see this



Action Group Service Users

Group · 138 members

a safe place for service users meet have a laugh ...

Member since September 2018

- 3 Click the button that says Join



- 4 A box will come up on your screen. In the box, you need to type in which team you get support from.



We ask everyone to answer this so we can check everybody is supported by The Action Group.

This is to make sure everybody is kept safe.



After we have checked, you will get a notification to say you have joined the group.



Helplines



Here are some useful helplines, that you may need for yourself, or to share with others if they are in need of help and support.



National Assistance Helpline: 0800 111 4000



Mind: 0300 123 3393



Samaritans: 116 123



Domestic Violence Hotline: 0808 2000 247



Dementia Connect: 0333 150 3456



Age UK: 0800 169 6565



Childline: 0800 1111