

SELF HELP RESOURCES

Telephone

Living Life	0800 328 9655	Telephone assessment then either Self help coach for 6 – 8 weeks or CBT therapist 6 – 9 phone sessions Mon –Fri 1pm to 9pm
Breathing Space	0800 83 85 87 www.breathingspacescotland.co.uk	Free and confidential phoneline service for any individual who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to. (Mon – Thurs 6pm-2am and weekends 24hrs)

Online

Beating the blues – GP referral needed

Beating the Blues is an online treatment programme that uses cognitive behavioural therapy (CBT) to help people experiencing depression and/or anxiety.

Silvercloud –

<https://wellbeing.silvercloudhealth.com/signup/>

Use Access Code Scotland2020

Space from Covid-19, Space from Health Anxiety, and Space from Social Anxiety.

Chronic Pain, Diabetes, Coronary Heart Disease (CHD), Lung Conditions, and Rheumatoid Arthritis (RA).

The key beneficiaries will be those individuals suffering from mental health issues related to these conditions.

www.trydaylight.com/nhs

For help with worry and anxiety

www.lltff.com

The number 1 recommended online resource for courses helping patients to deal with stress/anxiety depression or with dealing with long term conditions

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Lots of patient information leaflets

www.moodjuice.scot.nhs.uk

<https://nopanic.org.uk/>

<https://clearyourhead.scot/>

<https://giveusashout.org/>

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. By texting the word 'SHOUT' to 85258 you will start a conversation with a trained Shout volunteer, who will text you back and forth, sharing only what you feel comfortable with.

NHS Grampian Psychological Resilience Hub

<https://www.nhsgrampian.org/covid-19/covid-19-public-information/subpages/mental-health-support/>

Apps

<https://www.nhs.uk/apps-library/category/mental-health/> lots of free apps with links

Dare anxiety and panic relief

CALM HARM (self harming)

Mindshift – teens and young adults with anxiety

Headspace – learn meditation and mindfulness by using for just a few minutes each day

Counselling

ACIS

01224 573892 Age 12 and over

The Bounds -

<https://www.abdn.ac.uk/education/research/the->

thebounds@abdn.ac.uk

bounds/index.php

a new free service for all patients. Run by University with newly qualified or student counsellors

Cairns

Free counselling

01224
633131

Pathways

www.pathways-online.org/counselling.html

01224 682939 Counselling but also help with finding a job and accessing learning
If required

Cruse

Bereavement counselling

<https://www.cruse.org.uk/>

0808
808
1677

Drugs action

(includes alcohol)

01224 594700 Support for people using or recovering from drug or alcohol use and support for families

Addaction

01224 218120 Charity funded alcohol counselling

Scottish families affected by alcohol or drugs

08080 101011 helpline@sfad.org.uk

Penumbra

Self harm counselling

01224 621266 (patients and family)

Samaritans

01224 574488 08457 909090 (24 hrs)

VSA

Children and family counselling

01224
212021

Healthy Hoose

01224 558928 For patients living in Middlefield/Cummings Park area

Seaton	01224 492032 (Linda)	Patients living in Seaton
St Machar Project	01224 682939 (Ilona)	Covers Woodside, Tillydrone and Fersands

Citizens advice 01224 569750

Anger management 07593 768129
info@aberdeentherapy.com

Community Listening Service

Whether you are a patient, carer or member of staff, it offers you space to talk about what troubles you, makes you anxious or upset. It is confidential, non-judgmental and open to all. It may help you to reflect on your situation, change how you see things and help with coping strategies. Your GP, another healthcare professional or a member of the healthpoint/carerspoint staff may suggest you make an appointment or you can refer yourself.

Religion or spirituality will not be spoken about, unless raised by you.

The appointment time allocated is 50 minutes.

Phone the Health Village on 01224 655555 to book.
<https://www.nhsgrampian.org/service-hub/spiritual-care/community-chaplaincy-listening/>