

Tayside Mental Health and Wellbeing Resources and Support

Mental ill health can affect anyone and many people will experience mental health symptoms at different times in their lives. It is important that we all look after our mental health and wellbeing.

The following resources offer useful information and advice as well as direct support. It is not a complete list and will be updated regularly.

Crisis Information

If you are feeling suicidal or are worried about someone, phone your GP or care team (if you have one) first. If you are unable to talk to them, call NHS 24 on 111. If it is an emergency, dial 999.

General Information

NHS Inform – hosts a wealth of advice on a range of illnesses, for example, treating a cough or fever, as well as how to look after your mental wellbeing.

NHS Inform: Mind to Mind – Mind to Mind is a new website where people who have had challenges with their mental wellbeing share their experiences to help others.

It also provides practical advice on how to deal with life's ups and downs and signposts where people can access further support.

Ready Scotland – useful information to help you to stay safe and well. Includes information on helping in your community, how to provide practical help and emotional support, where to find additional support and advice for community groups.

Local Services

Perth and Kinross

Perth & Kinross Health & Social Care Partnership Community Support

Perth & Kinross Health & Social Care Partnership Mental Health and Wellbeing

Dundee

Hope Point, Community Wellbeing Support – 24/7 compassionate support when you're feeling distressed or overwhelmed. Drop in to 4 South Ward Road, call 0800 955 0008 or text 01382 604123.

Community Health Team Dundee

Dundee Volunteer and Voluntary Action (DVVA) Mental Health Network

Penumbra Dundee Wellness Services – all local services at Penumbra welcome self-referrals and support can be accessed by contacting dundee.nova@penumbra.org.uk or dundee.carers@penumbra.org.uk or selfharm.dundee@penumbra.org.uk.

You can also call 01382 223487 (messages are being picked up daily Monday-Friday). General updates will be posted on [Facebook](#).

Feeling Strong – Dundee's Youth Mental Health Charity exists to make sure that every young person in Dundee who has experienced a mental health or wellbeing challenge is supported to reach their full potential. You can email contact@feelingstrong.co.uk or follow on [Facebook](#) or [Twitter](#).

Dial-op: Contact 01382 305757 – offers two different services:

Dial-OP Blether Buddies offers friendship through weekly calls provided by trained and supported volunteers.

Dial-OP Morning Call is a free outreach telephone service that aims to provide reassurance and connectivity to people who are vulnerable and/or isolated.

The Corner is a Health and Information Service for Young People aged 11-19 living in Dundee. Appointments can be made by phoning 01382 206060 or emailing tay.office.corner@nhs.scot. You can find The Corner on [Facebook](#), [Twitter](#) and [Instagram](#). Opening hours are Monday-Friday, 9am-5pm.

Angus

Penumbra Angus Wellbeing Services – enquiries and referrals can be made at angus.nova@penumbra.org.uk. Angus Suicide Prevention Service is offering phone and email support (Monday-Friday 9am-5pm). Contact aspss@penumbra.org.uk or 0800 135 7899. General updates will be posted on [Facebook](#).

Angus Health and Social Care Partnership website contains a range of information and resources to improve mental health and wellbeing.

Tayside

Your GP Practice can offer access to other professionals based in the GP Practice, such as a social prescriber, someone from the Community Listening Service who will listen and support you, or a mental health and wellbeing peer worker or nurse.

NHS Tayside Community Listening Service – Anyone in Tayside can contact the listening service – call or text 0796 777 1941 – to arrange a telephone appointment.

Do you need to talk about what's on your mind?





Most of us do, especially during worrying times or after a bereavement or loss. It can be helpful to share your story.

NHS Tayside's Community Listening Service is here for you throughout this time with appointments available via phone Monday - Friday. We will listen and can help you rediscover your strength.

Just call or text **0796 777 1941** to find out how we can support you.

"I came away with a feeling of optimism. I have since taken positive steps to make some changes in my life which have improved my mental and emotional wellbeing." - **NHS Tayside patient**

Drug and Alcohol Services

We Are With You (formerly Addaction) is offering free confidential online and telephone support to people experiencing issues with drugs, alcohol or mental health. Call 01382 206888

Tayside Council on Alcohol (TCA) can be contacted by email at enquiries@alcoholtayside.com, on [Facebook](#), or by phone (leave a message): Angus - 01241 872989, Dundee - 01382 456012, Perth - 01738 5800336

SMART Recovery is offering [online SMART meetings](#).

Online Support

Tayside

Cool2Talk – This is a confidential place and 1-2-1 counselling service for young people aged between 12 and 26 to freely ask questions about things that are affecting them.

Suicide? Help! – An information app for people who are thinking about suicide or worried about someone else. As well as providing information about suicide, such

as how to get help and what signs to look for in others, this app provides details of relevant local services.

Money Worries? – This app is a comprehensive resource which point's people to the right help in a crisis. Over 200 links and phone numbers to Tayside and National sources of support on money, housing, work and other issues. Search your app store for 'Money Worries?'

National

Living Life to the Full – a free life skills course teaching how to tackle and respond to issues or demands in everyday life. Includes specific wellbeing advice related to coronavirus for adults, young people and their parents and health workers.

Beating the Blues – a computer based self-help programme which uses Cognitive Behavioural Therapy (CBT) for people experiencing mild to moderate depression or anxiety. Available in Tayside by GP referral.

NHS Inform self-help guides – a series of self-help guides for common mental health symptoms.

Beat - Beat is the UK's eating disorder charity to support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members. Their helpline number is 0808 801 0677.

YoungMinds Crisis Messenger - 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.

Tax Debt and Mental Health – a guide to help people deal with debt and find out what support is available.

Websites and Helplines

Breathing Space – 0800 83 85 87 – listening advice and information for people feeling low, stressed or anxious.

Samaritans – 116 123 or jo@samaritans.org – provides 24-hour confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide.

SANE – 0300 304 7000 – offers emotional support and information to anyone who is worried about their own mental health, or a concerned family member, friend or professional.

CALM (Campaign Against Living Miserably) – 0800 58 58 58 – helpline and web chat dedicated to preventing male suicide.

Choose Life – National suicide prevention programme. Information about SIREN (Suicide Information Research and Evidence Network).

NHS Inform – Surviving Suicidal Thoughts – a resource to support people who are living with suicidal thoughts, their families, friends, and communities.

Survivors of Bereavement by Suicide – 0300 111 5065 or email.support@uksobs.org – to meet the needs and break the isolation of those bereaved by suicide.

Cruse Bereavement Care – 0845 600 2227 – offers support to people who have lost someone close.

Shout – Text ‘SHOUT’ to 85258 for free 24/7 text based support for anyone in crisis, struggling to cope and in need of immediate help.

Know the Score – 0333 230 9468 – confidential information and advice for drug users online and by telephone.

Drinkline Scotland – 0300 123 1110 – alcohol helpline for anyone worried about their own or someone else’s drinking.

Domestic Abuse Helpline – 0800 027 1234 – confidential support from highly trained female advisors.

Rape Crisis Scotland – 08088 01 03 02 – confidential support, advice and information. For anyone affected by sexual violence no matter when or how it happened.

LGBT Helpline Scotland – 0300 123 2523 – information and emotional support.

Parentline Scotland – 08000 28 22 33 – tips, advice and support for parents.

Childline – a free, private and confidential service where you can talk about anything.

See Me Scotland – Mental health information for young people and adults and includes information on mental health in the workplace.

Self-Injury Support - offering support due to self-harm for women and girls.

24 hour Freephone Dementia helpline run by Alzheimer Scotland available on 0808 808 3000. Provides a phone line for any questions or support needs for someone with Dementia.

Age Scotland helpline on 0800 1244222 run a confidential phone service for older adults and their carers and families offering information friendship services and support.

PAMIS – offers support, information and training for families and carers of people with profound and multiple disabilities. They can also support with transitions to hospital and communication whilst in hospital with their Digital passports program.

Support in Mind Scotland - works to improve the wellbeing and quality of life of people affected by serious mental illness. This includes those who are family members, carers and supporters.

ALISS (A Local Information System for Scotland) database

COVID-19 Resources

Alcohol Change UK – Information and advice on alcohol during the coronavirus outbreak, including how to manage your drinking.

SAMH (Scottish Association for Mental Health) – Hub of information and guidance about looking after your mental health as the coronavirus developments continue.

Samaritans – compiled resources and information for people worried about their mental health during the coronavirus outbreak.

Mind – information on coronavirus and your wellbeing, including useful checklists to help people to prepare for and cope with social isolation.

Mental Health Foundation – information on looking after your mental health during the coronavirus outbreak.

Young Scot - find out more about what's happening and the simple steps you can take to help prevent catching COVID-19 and spreading to others. Also find out more about what you can do if you are feeling anxious and worried, and how you can support others in your community.

Young Minds – support for young people and parents who are struggling with news about coronavirus. Information for parents on talking to their children about coronavirus.

COSLA – advice for supporting children and young people during Covid-19.