

Contact Sheet: Mental Health

Beating the Blues

Web: www.elament.org.uk
Tel: 01698 366 740

Beating the Blues is an online treatment programme to help people experiencing depression and/or anxiety.

Breathing Space

Web: www.breathingspace.scot
Tel: 0800 83 85 87

Breathing Space is a free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety. Breathing Space is free to phone from a landline and any mobile phone network. The phone number won't show up in telephone bills.

MoodJuice

Web: www.moodjuice.scot.nhs.uk

The moodjuice website offers a range of self-help guides designed to help you think about emotional problems and work towards solving them.

NHS Living Life

Web: www.nhs24.scot/our-services/living-life
Tel: 0800 328 9655

Living Life is a free phone service offering therapy for anyone over 16 years of age with low mood; mild to moderate depression; anxiety; or a combination of these. You'll be offered an initial appointment to ensure Living Life is best suited to your needs. If so, you'll then have a series of telephone support sessions with a guided self-help coach or therapist.

Samaritans

Web: www.samaritans.org
Tel: 116 123

Samaritans are available 24 hours a day, 365 days a year. Samaritans can help you with a range of problems; you don't have to be suicidal to call. The telephone number is free to call and will not appear on itemised telephone bills.

Cruse Bereavement Care

Web: www.cruse.org.uk
Tel: 0808 808 1677



Everyone experiences bereavement at some stage in their life – whether it's the death of a parent, a loved one, a friend or a child. Cruse Bereavement Care Scotland are a charity which aims to help people through this difficult time.

Mood Gym

Web: <https://moodgym.anu.edu.au/welcome>

Online modules to learn cognitive behavioural therapy skills to prevent and cope with depression.