**Mental Health and Wellbeing Resources**

**18 and Under Supports**

The Mix (advice and supports for almost everything up to 25 year old – good for exam stress) - <https://www.themix.org.uk/>

Trust Jack (for adolescent depression and parent support) - <https://www.trustjackfoundation.co.uk/>

Place2Be (for overall mental health supports) - <https://www.place2be.org.uk/>

Lanarkshire Mind Matters – Silver Cloud for Helping Young People (Young adults and teens) <https://www.lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/silvercloud-helping-children-and-teens/>

The Miracle Foundation (for younger people) <https://themiraclefoundation.org.uk/>

Togetherall (18-24) - <https://togetherall.com/en-gb/>

Trauma Counselling Line (16+ for people who are at risk or experienced abuse in childhood and have a mental health problem) – 0808 802 0406

PAPYRUS (Prevention of Young Suicide) - <https://www.papyrus-uk.org/>

Saheliya (Supports for black, minority, ethnic, asylum seeker, refugee anad migrant women and girls aged 12 and above) - <http://www.saheliya.co.uk/> 0131 556 9302 (Edinburgh) 0141 552 6540 (Glasgow)

Child Bereavement UK - <https://www.childbereavementuk.org/> 0800 0288840

Barnardo’s AXIS - <https://www.barnardos.org.uk/what-we-do/services/barnardos-axis-lanarkshire-core> 01698 262443

- practical support with becoming an adult

- support for adolescents affected by parental substance misuse

- grants/budgeting skills

- life coach

**Addictions (Outwith local CAT Team)**

The Beacons (Blantyre)

Alcoholics Anonymous - <https://www.alcoholics-anonymous.org.uk/> 0800 917 7650

Cocaine Anonymous - <https://www.cascotland.org.uk/> 0141 959 6363

Narcotics Anonymous - <https://scotland.ukna.org/> 0300 999 1212

Phoenix Futures (Also support families/loved ones affected by substances) - <https://www.phoenix-futures.org.uk/> 0141 332 0121

Al Anon (For people affected by a loved one’s drinking – not counselling) - <https://al-anonuk.org.uk/> 0800 0086 811

GamCare - <https://www.gamcare.org.uk/> 0808 8020 133

Gamblers Anonymous - <https://gascotland.org/> 0370 050 8881

**Anger Management**

Moodjuice - <https://www.mcgill.ca/counselling/files/counselling/anger_moodjuice_self-help_guide.pdf> (self-help booklet)

Alternatives to Violence and Anger Management – 0141 353 0444

Controlling Your Temper - <https://www.wellbeing-glasgow.org.uk/controlling-your-temper>

**Autism Supports**

Scottish Autism - <https://www.scottishautism.org/> 01259 720044

National Autistic Society - <https://www.autism.org.uk/what-we-do/scotland>

**Befriending Services**

Beatson Befriending Service (For anyone (and family/friend) who has or is receiving Cancer treatment at Beatson) - <https://www.beatsoncancercharity.org/how-we-help/wellbeing-services/befriending-service/> 0141 212 0505

SAMH Expeerience Matters Motherwell - <https://www.samh.org.uk/find-help> 01698 265659

The Silver Line (over 65’s) – 0800 470 8090

LEAP (Over 65’s – includes local area groups) - <https://www.leap-project.co.uk/who-we-are> 0141 641 5169

**Bereavement**

CRUSE - <https://www.crusescotland.org.uk/> 0808 802 6161

St Andrew’s Hospice - <https://www.st-andrews-hospice.com/> 01236 766951

PETAL (Suicide/Homicide) - <http://www.petalsupport.com/> 01698 324502

Families Affected by Murder and Suicide (FAMS) - <https://fams.chat/> 01698 249443 / 07736326062 (helpline)

SANDS (Stillbirth and Neonatal Charity) (also provides online chat and has downloadable app) - <https://www.sands.org.uk/> 0808 164 3332

Tommy’s (baby loss) - <https://www.tommys.org/> 020 7398 3400

The Brightest Star (child and baby loss) - <https://brighteststar.org.uk/> 0141 428 3132

Cedar Tree (Elective Termination of Pregnancy) - <http://cedartree.org.uk/support-following-a-termination-of-a-pregnancy/> 01905 616166 / 07896 619564

Widowed and Young (For people under age 50) - <https://admin.widowedandyoung.org.uk/> 0300 201 0051

AtaLoss – <https://www.ataloss.org/>

**Carer Support**

Lanarkshire Carers - <https://lanarkshirecarers.org.uk/> 01698 428090

(See also supports below)

**Chronic Health Conditions/Supports (for patient and family/loved ones)**

Haemophilia and Bleeding Disorders - <https://haemophilia.scot/>

Parkinson’s Support - <https://www.parkinsons.org.uk/>

Huntington’s Disease - <https://hdscotland.org/>

Arthritis - <https://www.versusarthritis.org/in-your-area/scotland/>

Scottish Acquired Brain Injury Network - <https://www.sabin.scot.nhs.uk/>

Headway (Support for Brain Injury) - <https://www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/scotland/>

Revive Multiple Sclerosis Scotland - <https://revivemssupport.org.uk/> 0141 945 3344

Hwupenyu Health and Wellbeing Project (for support to Black ethnic communities in Scotland living with Chronic Health Conditions, including BBV/HIV etc) - <https://www.hwupenyuproject.org/contact.html> 0141 418 0940

Pain Association Scotland - <https://painassociation.co.uk/> 0300 783 6059

Thistle (Long COVID/Post Viral Fatigue/Chronic Health Conditions) - <https://www.thistle.org.uk/> 0131 661 3366

Maggie’s (Cancer Support) - <https://www.maggies.org/our-centres/maggies-lanarkshire/> 01236 771199

MacMillan (Cancer Support) - <https://www.macmillan.org.uk/> 0808 808 0000

St Andrew’s Hospice (Cancer and Palliative Care Support) - <https://www.st-andrews-hospice.com/> 01236 766951

**Divorce Support**

Family Lives - <https://www.familylives.org.uk/advice/divorce-and-separation/thinking-about-divorce/finding-support-during-divorce-separation>

One Parent Families Scotland - <https://opfs.org.uk/support-and-advice/separating/>

**Eating Disorders**

BEAT - <https://www.beateatingdisorders.org.uk/> 0808 801 0432

Eating Disorders Scotland - <https://www.eatingdisorderscotland.co.uk/> 0784 9740326

SupportED Scotland - <https://supportedscotland.org/> 07716 639067

**Financial Support**

Citizens Advice Bureau - <https://www.citizensadvice.org.uk/scotland/>

Financial Inclusion Team – 01698 332579

Step Change Debt Help - 0800 138 1111

**FGM Supports**

Shakti Women’s Aid - <http://shaktiedinburgh.co.uk/> 0131 475 2399

Saheliya (Supports for black, minority, ethnic, asylum seeker, refugee anad migrant women and girls aged 12 and above) - <http://www.saheliya.co.uk/> 0131 556 9302 (Edinburgh) 0141 552 6540 (Glasgow)

**Homelessness**

Homeless Action Scotland - <https://www.homelessactionscotland.org.uk/> 0131 243 2603

Homeless Project Scotland - <https://www.homelessprojectscotland.org/> 0800 0147 160

Emergency Support - <https://www.southlanarkshire.gov.uk/info/200196/homelessness/971/homelessness> 0303 123 1012 – Option 5 / 0800 24 20 24 (Emergency line outwith office hours)

Shelter Scotland - <https://scotland.shelter.org.uk/> Helpline 0808 800 4444

**Learning Disabilities/Difficulties**

SHARE Scotland - <https://www.sharescotland.org.uk/> 0141 445 8992

The Richmond Fellowship – <https://www.richmondfellowship.org.uk/> 01698 455532

Scottish Commission for People with Learning Disabilities - <https://www.scld.org.uk/> 0141 248 3733

**LGBTQIA+**

LGBTQ Health and Wellbeing - <https://www.lgbthealth.org.uk/> 0300 123 2523

Mind Website - <https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtiq-mental-health/about-lgbtiq-mental-health/>

The Mix (Under 25’s) - <https://www.themix.org.uk/search/lgbtqia>

**Male Specific Trauma Supports**

Abused Men In Scotland - <https://abusedmeninscotland.org/> 03300 949 395

Speak Out Scotland - <https://speakoutscotland.org/> 07488 399917

**Menopause Supports**

Menopause Help – Advice/symptoms/HRT Info – [www.menopausecharity/co.uk](http://www.menopausecharity/co.uk)

**Military Supports**

DMWS – TBC re: referrals

SSAFA - <https://www.ssafa.org.uk/scotland> 0800 260 6767

Glasgow’s Helping Heroes (Via SSAFA) – <https://www.ssafa.org.uk/get-help/glasgow-helping-heroes> 0141 488 3652

Erskine – <https://www.erskine.org.uk/> 0141 812 1100

Veterans First Point – <https://www.veteransfirstpoint.org.uk/> 0131 220 9920

Combat Stress - <https://combatstress.org.uk/> 0800 138 1619 / 0800 323 4444 (serving personnel and family) / 07537 173683 (Text)

**NHS Staff Support**

SALUS (Lanarkshire staff) - <https://www.nhslanarkshire.scot.nhs.uk/> 0800 030 8013

Occupational Health (Greater Glasgow and Clyde) - <https://www.nhsggc.scot/staff-recruitment/hrconnect/occupational-health/> 0141 201 0600

Occupational Health (Lothian) - [https://services.nhslothian.scot/occupationalhealthcommercial/Pages/default.aspx 0131 536 1135](https://services.nhslothian.scot/occupationalhealthcommercial/Pages/default.aspx%200131%20536%201135)

**OCD/Panic/Phobias**

Moodjuice - <https://www.livewellsouthwest.co.uk/wp-content/uploads/2021/08/moodjuice-obsessions-and-compulsions-booklet.pdf> (would recommend emailing this link or posting printed booklet to patients as very difficult to find online)

Glasgow Wellbeing - <https://www.wellbeing-glasgow.org.uk/ocd-course>

Glasgow Wellbeing (Panic) - <https://www.wellbeing-glasgow.org.uk/panic-resources>

Silvercloud Beating the Blues (Panic/Social Anxiety) Referral needed by staff.

Glasgow Wellbeing (Phobias) - <https://www.wellbeing-glasgow.org.uk/phobia-self-help>

Triumph Over Phobia’s and OCD - <https://www.topuk.org/>

**Parenting Support**

PANDAS (Post-Natal Depression Awareness and Support) - <https://pandasfoundation.org.uk/> (supports dads too) 0808 1961 776

Silver Cloud Perinatal Module (requires referral by professional – supports dads too) - <https://www.lanarkshiremindmatters.scot.nhs.uk/how-we-can-help-you/silvercloud-online-therapy/>

Living Life to the Full – Enjoy your Bump - <https://llttf.com/home/enjoy-series/enjoy-your-bump-2/>

Living Life to the Full – Enjoy Your Baby - <https://llttf.com/home/enjoy-series/enjoy-your-baby-2/>

Dads Rock (supports dads and male carers) - <https://www.dadsrock.org.uk/> 07807498709

Father’s Network - <https://www.fathersnetwork.org.uk/> 0131 460 8256

One Parent Families Helpline – 0808 801 0323

Children 1st Parentline – 0800 28 22 33 – 9.00am – 9.00pm & 9.00am – 12.00pm weekends

Parents Helpline – 0808 802 5544 – 9.30am to 4.00pm Mon-Fri

Wellbeing Scotland (Counselling/EMDR/Befriending service for adults and children who have experienced trauma and/or abuse) – 01324 630100

**Police Support**

Police Care UK - <https://www.policecare.org.uk/> 0300 012 0030

**Relationship/ Family Counselling**

The Spark - <https://thespark.org.uk/> 0800 802 2088

Relationship Scotland - <https://www.relationships-scotland.org.uk/> 0345 119 2020

**Sexual Assault and Trauma**

Moira Anderson Foundation - <https://www.moiraanderson.org/> 01236 602890

Speak Out Scotland - <https://speakoutscotland.org/> 07488 399917

Rape Crisis - <https://www.rapecrisisscotland.org.uk/> 08088 01 03 02

Victim Support (Support attending court etc) - <https://victimsupport.scot/> 0800 1601988

Wellbeing Scotland (Counselling/EMDR/Befriending Service for adults and children who have experienced trauma or abuse) - <https://www.wellbeingscotland.org/contact> 01324 630100

**Sexual Health Supports**

Sandyford Clinic (Sexual Health/Counselling) – 0141 211 6700

Sexual Health Scotland (STI/STD and all sexual health) - <https://www.sexualhealthscotland.co.uk/> 0800 22 44 88

Hepatitis Scotland - <https://www.hepatitisscotland.org.uk/> 0141 221 1175

HIV & AIDS Scotland (provides support and free testing to anyone living in Scotland) - <https://www.hiv.scot/>

Waverley Care (Support for HIC, Hep C and Sexual Health In Scotland) - <https://www.waverleycare.org/about-us> 0131 558 1425

Hwupenyu Health and Wellbeing Project (for support to Black ethnic communities in Scotland living with Chronic Health Conditions, including BBV/HIV etc) <https://www.hwupenyuproject.org/contact.html> 0141 418 0940

**Single Parents**

One Parent Families Scotland - <https://opfs.org.uk/> 0808 801 0323

Single Parents - <http://www.singleparents.org.uk/about-us> (information only)

Parenting Across Scotland - <https://www.parentingacrossscotland.org/>

**Teacher Support**

Education Support - <https://www.educationsupport.org.uk/> 08000 562 561

**Transgender Supports**

LGBTQ Health and Wellbeing (Provides transgender support) - https://www.lgbthealth.org.uk/ - <https://www.lgbthealth.org.uk/services-support/trans-support/>

Scottish Trans - <https://www.scottishtrans.org/> 0131 467 6039

TransActual - <https://www.transactual.org.uk/mental-health>

The Mix (Under 25’s) - <https://www.themix.org.uk/search/transgender>

**Victim Support (Crime/Domestic Violence/Forced Marriage)**

Victim Support Scotland - (Support attending court etc) - <https://victimsupport.scot/> 0800 1601988

Women’s Aid (EVA) - <https://evawomensaid.org.uk/> 01642 490677 or 07525591971

Scotland’s Domestic Abuse and Forced Marriage Support and Helpline - <https://www.sdafmh.org.uk/en/> 0800 027 1234

Saoirse (Blantyre) - <https://liber8.org.uk/saoirse> 01698 533035

**Additional Counselling Services**

Liber8 - <https://www.liber8.org.uk/> 01698 533035

The Manda Centre - <https://www.themandacentre.co.uk/> 01698 328724

Chris’s House - <https://chrisshouse.org/> 01236 766 755

Lanarkshire Counselling and CBT Centre - <https://lanarkshirecounselling.com/> 01236 897544

**Online Resources**

Beating the Blues – [www.beatingtheblues.co.uk](http://www.beatingtheblues.co.uk)

Living Life To The Full – [www.llttf.com](http://www.llttf.com)

SAMH – [www.samh.org.uk](http://www.samh.org.uk)

NHS Inform (self help guides) - <https://www.nhsinform.scot/illnesses-and-conditions/mental-health>

Mind - <https://www.mind.org.uk/>

Lanarkshrie Mind Matters - <https://www.lanarkshiremindmatters.scot.nhs.uk/>

Park Run (free weekly timed 5k runs) [www.parkrun.com](http://www.parkrun.com)

**Telephone Support Services**

Living Life (Telephone Guided Self Help CBT) – 0800 328 9655

Breathing Space – 0800 838 587

Saneline – 0300 304 7000

Samaritans – 0845 790 9090

The Silver Line (over 65’s) – 0800 470 8090

No Panic Helpline (panic disorder, OCD) – 0300 772 9844

PAPYRUS (Prevention of Young Suicide) – 0800 068 4141

CALM (Campaign Against Living Miserable/United Against Suicide) – 0800 58 58 58

**Mobile Apps**

Virtual Hope Box (Anxiety, Distraction, Relaxation)

Calm (Sleep, Meditation, Mindfulness and Relaxation)

Head Space (Sleep, Meditation, Mindfulness and Stress)

What’s Up (CBT, ACT based strategies for mood, anxiety, anger and stress)

Self-Help for Anxiety Management (what it says on the label)

Calm Harm (Distraction, Relaxation)

Sleepio (6 week sleep programme)

Insight Timer (free relaxation and meditation)

Balance (Meditation app)

DistrACT (for self-harm)

**Professional Info**

CCI - <https://www.cci.health.wa.gov.au/>

Perinatal Advice Line 07790542066 (Mondays/Wednesdays/Fridays)

Perinatal CMHT 01698 754 610

MNPI 01698 366344