

# Mental Health Support

## **Support from healthcare providers**

**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.

**NHS 24:** NHS 24 can provide patients with health advice and help over the phone when your usual GP services aren't available. Referrals can also be made over the phone to crisis support and other mental health professionals out with normal GP practice working hours. **Call NHS 24 on 111, or if you think you need an emergency ambulance, call 999 to speak to the operator.**

**Sources of Support:** Sources of Support is a 'social prescribing' service which is available in every GP Practice in Dundee. The service works with people whose mental health and wellbeing is being impacted upon by social and economic issues. We have a link worker attached to each GP Practice who can help you access the most appropriate support to best meet your needs.

**If you are interested in our service, please contact your GP Practice to find out more about the referral process.**

**Beating the Blues:** This is based on Cognitive Behavioral Therapy - which helps you to pinpoint and change unhelpful ways of thinking and to learn more effective ways of solving problems.

**Beating the Blues is free to access, but you must be referred by your doctor/clinical advisor.**

**Community Listening Service:** The Community Listening Service can help you explore the issues affecting you and help you to find your own way forward. The service is available to anyone registered with a Tayside GP practice and provides a 50 minute appointment with a fully trained listener withing your GP Practice or over the phone.

Email [tay.listening@nhs.scot](mailto:tay.listening@nhs.scot), call **01382 423 116** or text **0796 777 1941** to make an appointment or find out more. Both staff-initiated and self-referrals are welcome.

## **Wider Support Services, Phone Numbers and Resources**

**LivingLife:** This service is available to anyone over the age of 16 who is experiencing; low mood, mild to moderate depression, symptoms of anxiety, or a combination of these symptoms. Through LivingLife you will be offered a series of telephone appointments with a self-help coach or therapist, who will talk you through specific materials and workbooks. You can access the service for **free** by referring yourself for an assessment. **Call: 0800 328 9655 (Monday to Friday: 1pm - 9pm).**

**Penumbra:** Mental health, self-harm, wellbeing and carers support for adults age 16+ living in Dundee. Includes one to one support exploring self-management/coping strategies, safe planning and providing information & signposting to other resources and services. **Free** Wellbeing Workshops are run via Zoom, focusing on managing anxiety; sleep; healthy eating and self-care.

**The Penumbra Self-Harm Service:** If you are carrying out any type of behaviour which is causing harm to yourself (this could be self-injury alongside risky behaviours, substance use, disordered eating etc), get in touch with our team for peer support to explore self-management, harm reduction and crisis planning alongside information & signposting to other resources and services.

All support is currently being provided via telephone, video call and e-mail.

All services welcome self-referrals, alongside referrals made by health professionals.

**Call: 01382 223487 (please leave a message as they are being checked daily)**

**E-mail: [dundee.nova@penumbra.org.uk](mailto:dundee.nova@penumbra.org.uk) or for workshops [dundee.powwows@penumbra.org.uk](mailto:dundee.powwows@penumbra.org.uk)**

**For self-harm service email: [dundee.selfharm@penumbra.org.uk](mailto:dundee.selfharm@penumbra.org.uk)**

**Regular up-dates also posted on Facebook <https://www.facebook.com/PenumbraDundee/>**

**Haven:** The Hearing Voices Network Dundee provides support to voice hearers and others through befriending and mentoring, various self-help groups, activities and volunteering, in order to promote independence and increase people's confidence.

**Call: 01382 223023 Mon – Fri 10am - 4pm / Email: [hearingvoices@havendundee.co.uk](mailto:hearingvoices@havendundee.co.uk)**

**Dial-op:** Offers two different services; Dial-OP Blether Buddies offers friendship through weekly calls provided by trained and supported volunteers, and 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. **Call: 01382 305757**

**CALM (Campaign Against Living Miserably):** Free helpline and webchat dedicated to preventing suicide and helping people talk through life's problems. **Call: 0800 58 58 58 / [www.thecalmzone.net](http://www.thecalmzone.net)**

**Breathing Space:** A confidential phone line for anyone in Scotland over the age of 16 who may be feeling low, anxious or depressed.

**Call free on 0800 83 85 87. Opening hrs - Weekdays: Monday - Thursday 6pm - 2am. Friday 6pm - Monday 6am.**

**Samaritans:** Provides 24 hour free confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide. **Call free: 116 123 / email: [jo@samaritans.org](mailto:jo@samaritans.org) / [www.samaritans.org](http://www.samaritans.org)**

**SHOUT:** Text 'SHOUT' to 85258 for **free**, 24/7 text-based support for people in crisis, struggling to cope & in need of urgent help.

**Suicide? Help!:** A **free** information website as well as an Apple and Android app for people who are thinking about suicide or are worried about someone else. **Access online - <http://www.suicidehelp.co.uk/> or download the App for free on your app store.**

**ConnectUsToo:** A series of related accessible video clips in British Sign Language (BSL) with subtitles and voiceover, about

mental health and wellbeing for Deaf and Deafblind people in Scotland. The videos are designed to breakdown the stigma of mental health and encourage Deaf people to talk to others, whether Deaf or hearing impaired, about how they are feeling and to build resilience. **Free to access online** - <https://deafscotland.org/equality/connect-us-too>

**SAMH (Scottish Association for Mental Health):** Hub of information and guidance about looking after your mental health [www.samh.org.uk](http://www.samh.org.uk)

**Ready Scotland:** Useful information to help you to stay safe and well during the coronavirus outbreak. 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: <https://ready.scot/coronavirus>

### **Other digital support, apps and useful links**

**Dundee Healthy Minds Network:** Dundee Healthy Minds Network is an involvement platform for anyone in Dundee with lived experience of mental health challenges and for carers of people with mental health challenges. [www.facebook.com/DundeeHMN](http://www.facebook.com/DundeeHMN)

**Carers of Dundee:** Mental health advice for carers in Dundee. <https://carersofdundee.org/carers/coronavirus-covid-19-information-for-carers/>

**Living Life to the Full:** LLTTF aims to be an empowering and practical way of learning key life skills that can boost your mood and help you turn the corner, to deal with family worries, sleep difficulties or physical health problems and related issues. Living Life uses resources based on the proven cognitive behavioural therapy (CBT) approach. **Free online course available at** <https://lltff.com/home/living-life-to-the-full-series/>

**Mood juice / NHS Inform:** A series of self-help guides intended for people with mild-to-moderate symptoms of anxiety and depression. **Free** to access online; <https://www.nhsinform.scot/illnesses-and-conditions/mental-health#mental-health-self-help-guides>

**Headspace Plus:** Headspace is an app which can help with mediation, stress and anxiety, sleeping better and movement and healthy living. <https://www.headspace.com>

**Clear Your Head:** Tips and ideas about feeling calmer, building a routine and looking after yourself. <https://clearyourhead.scot/>

**Daylight:** An online Cognitive Behavioral Treatment for treatment of anxiety and worry - [www.trydaylight.com/nhs](http://www.trydaylight.com/nhs)

**Sleepio:** An online Cognitive Behavioral Treatment package to treat insomnia and improve sleep - [www.sleepio.com/nhs](http://www.sleepio.com/nhs)

**Silvercloud:** Self-referral wellbeing packages – Improving Resilience, Managing Stress, Managing Sleep & Coping during Covid-19 – [www.wellbeing.silvercloudhealth.com/signup/](http://www.wellbeing.silvercloudhealth.com/signup/) - Use access code: Scotland2020

**Dundee Recovery Road Map:** A free app on Android and Apple which has information on services providing health & wellbeing, mental health, addiction, family and carers and peer support (each service location is mapped city wide and can also be called directly from the app). It also has a link with information about where to access support for food city wide.

**Faith in Community Dundee:** Visit the Resources Page on their website for information on food provision and money advice city-wide – [www.faithincommunitydundee.org/resources/](http://www.faithincommunitydundee.org/resources/)