

Signposting to mental health and wellbeing resources

The impact of the measures to reduce the spread of the COVID-19 has placed increased pressure and uncertainty on everyone so it's important to know where to find help and support for our mental health and wellbeing when it is needed. There are services where you can find confidential and trusted support, these include:

Help in a crisis

The following advice is intended for crisis situations which happen only rarely. A mental health crisis is when someone feels their mental health is at breaking point and they need urgent help and support.

If you are concerned that you are, or if you feel that someone else is, in immediate danger call **999**. If you are calling for someone else, try to establish the person's, name, contact details and location.

If the crisis is not life-threatening but you are concerned for your own or somebody else's mental health, advise them to call NHS 24 on **111** or speak to their GP. The route into formal mental health services is through a GP surgery. If someone discloses to you that they are already in receipt of support for their own mental health they should be directed to link in with that pre-existing support.

Support, advice and resources can also be found at:

- Samaritans - 116 123 (calls are free and do not show on a phone bill)
- Breathing Space - **0800 83 85 87** (Monday to Thursday 6pm – 2am; Friday 6pm to Monday 6am)
- Mikey's Line - **07786 207755** (Sunday to Thursday 6pm - 10pm, Friday to Saturday 7pm - 7am)
 - Young People can email yp@mikeysline.co.uk for an appointment
 - The Hive , 19 Academy Street, Inverness – closed during lockdown
- Ewen's Room - **0800 689 3317** (Weekdays 5pm - 10pm; Weekends 12 noon - 10pm)
- National Scottish Domestic Abuse Helpline - **0800 027 1234**
- Rape and Sexual Abuse Service Highland (RASASH) - **03330 066 909** (Monday/Wednesday/Friday 9.30am till 12.30pm; Tuesday and Thursday 1.30pm till 4.30pm). Text support Service: **07451 288 080**
Support email: support@rasash.org.uk
- Rape Crisis Scotland - **08088 01 03 02** (Phone free any day between 6pm and midnight)
Text: **07537 410 027** (If no immediate response, let them know when is a safe time to contact you)
- LGBT Helpline Scotland **0300 123 2523**
- Childline - **0800 1111**
- CRUSE Bereavement Care Scotland - **0845 600 2227**
- James Support group - **07563 572 471** (24 hour helpline)

Non-crisis situations

In most instances where mental health concerns are raised it will not be a crisis. If you have, or someone you are in contact with has concerns about mental ill health, a GP should be the first point of contact.

It is understandable in the current pandemic that many people will feel anxious, worried or stressed. For those who are in need of emotional/wellbeing support or who are affected by isolation due to the current COVID-19 circumstance, you might want to look for local voluntary organisation who can offer a regular welfare call or suggest contact with a befriending service.

If you require a copy of this guide in an alternative format please contact the Highland CPP by emailing admin@highlandcpp.org.uk

Additional resources

While we can't control many of the challenges around us, there are still things we can do to protect our mental health and wellbeing. Check out any of the resources:

Befrienders Highland

www.befriendershighland.org.uk

A small voluntary organisation working to improve the lives of people who are lonely and isolated and have experience of mental ill health; memory difficulties or dementia and carers.

Clear Your Head

clearyourhead.scot

Great tips from the Scottish Government and partners to help get you through these difficult times.

Highland Mental Wellbeing

www.highlandmentalwellbeing.scot.nhs.uk

A collection of resources gathered by NHS Highland to support mental wellbeing

Highland Digital School Hub: Wellbeing for all

www.highlanddigitalschoolshub.com/wellbeing-for-all

Resources to use at home to help with going back to school, and resources for school staff to support themselves

SAMH Information Service

www.samh.org.uk/information-service

You can talk to their Information team about mental health on **0344 800 0550**, and there is a range of information on support, including:

- If you urgently need help - <http://bit.ly/3buW3OF>
SAMH have put together a list of organisations who can help if you need to speak to someone.
- Protect your wellbeing in winter - <http://bit.ly/2NZ4WYs>
Some of us may struggle with our mental health and wellbeing during the colder months.

Prevent Suicide – Highland App

The 'Prevent Suicide – Highland' app can be downloaded for smart devices from:

- Apple App Store - <https://apple.co/3ukb2nf>
- Google Play Store - <http://bit.ly/37FiFuS>



NHS Education for Scotland (NES) national animations (each video is approximately five minutes in length)

A series of videos promoting children and young people's mental health and preventing self harm and suicide:

- What is mental health? - <https://vimeo.com/450051310>
- How to talk about mental health - <https://vimeo.com/450052951>
- Self-harm and suicide prevention - <https://vimeo.com/450054407>

A series of videos for adults are also available:

- Ask, tell, look after your mental health - <https://vimeo.com/338176495>
- Ask, tell, have a healthy conversation - <https://vimeo.com/338176444>
- Ask, tell, save a life – every life matters - <https://vimeo.com/338176393>