

Helpful contacts

Worried about your Mental Health?

Online resources

- **Heads Up** – an online resource for people with mental health problems or people caring for them – provides mental health advice and information on common mental health difficulties. www.headsup.scot
- **NHS Self Help Therapies** – A website recommending self-help books and other resources for people experiencing increased stress, anxiety, depression. www.nhs.uk/conditions/stress-anxiety-depression/self-help-therapies
- **MindEd** – An online service offering mental health advice for older people and those that care for them. www.minded.org.uk
- **There are some simple exercises** that can help you learn to cope with anxiety or stress, such as breathing exercises: www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/ or mindfulness www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/ you can also try apps like **Headspace** or **Calm**.
- **Computerised Cognitive Behavioural Therapy (cCBT)** – This is an evidence based programme for people experiencing mild/moderate anxiety or depression. The programme consists of 8 sessions focussing on Cognitive Behavioural Therapy techniques to manage symptoms of anxiety and depression.

To gain access to this course, ***please ask you GP to refer you*** to the programme. Once referred, you will receive an activation code which will enable you to access the programme within one week of being referred.

Telephone Resources

- **Breathing Space** – 0800 83 85 87 (evenings and weekends) www.breathingspacescotland.co.uk
- **Samaritans** – 01698 429411 or 116 123 (24hrs) www.samaritans.org
- **NHS Living Life** is a free telephone service available to anyone over the age of 16 who are feeling low, anxious or depressed – **0800 328 9655**. Following a telephone assessment patient's can be assigned to either:
 - **Living Life Guided Self Help** which is guided support with a self-help coach over 6-9 weeks or
 - **Living Life CBT** which is specialist support with a therapist over 6-9 telephone sessions.
- **Silver Line Scotland** – 0800 470 80 90 (24 hours) – this is a service specifically for older people

Worried about your memory?

Online and telephone resources

- **Alzheimer's Scotland** - 0808 808 3000 (24hour Freephone helpline) have produced a useful resource for individuals who are worried about their memory. This includes information about memory and what can be done to keep well www.alzscot.org/our-work/dementia-support/information-sheets/worried-about-your-memory
- **Alzheimer's Society** – 0300 222 11 22 or www.alzheimers.org.uk provide information on memory problems.

The website includes a section for individuals who are worried about memory problems, with links to a free booklet

<https://www.alzheimers.org.uk/about-dementia/symptoms-and-diagnosis/worried-about-memory-problems>

There is also a free 'memory handbook' for people with mild memory problems which is a practical guide to living with memory problems.

<https://www.alzheimers.org.uk/get-support/publications-and-factsheets/memory-handbook>

Urgent help and support

- Should you need help urgently or if your mental health problems get worse please contact your **GP or out-of-hours NHS24 on 111**.
- You can also contact **Breathing Space – 0800 83 85 87** (www.breathingspacescotland.co.uk - evenings and weekends) or **Samaritans – 01698 429411 or 116 123** (24hrs) (www.samaritans.org).
- If you are currently seeing, or have been referred and waiting to see an Inverclyde Mental Health Professional you can call **Crown House on 01475 558000** and ask to speak with the duty team from 9:00am - 4:45pm Mon- Thurs and 9:00am - 4:30pm Fri

*Crown House Community Mental Health Team
Inverclyde Health and Social Care Partnership*

