

Mental Health Support

If you, or somebody you know, would like mental health advice or support you can contact the following resources:

Samaritans

<https://www.samaritans.org/scotland/samaritans-in-scotland/>

Call 116 123 for free, 24 hours a day, 365 days a year

Email jo@samaritans.org if you would prefer to discuss any issues electronically

The Scottish Association for Mental Health

<https://www.samh.org.uk/>

Mental Health Foundation Scotland

<https://www.mentalhealth.org.uk/scotland>

Breathing Space Scotland

<https://breathingspace.scot/>

0800 83 85 87

NHS Suicide Information, Support and Resources

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/suicide>

Call NHS 111

NHS Moodzone – Resources for Stress, Anxiety and Depression

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Penumbra

<http://www.penumbra.org.uk/services/>

<http://www.penumbra.org.uk/contact-us/>

0131 221 9607