**Mental Health**

**Resilience Resources**

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## Crisis Support (24 hr services)

**Samaritans**

Call (24 hr helpline) 116 123

Email (response time 24 hours) [jo@samaritans.org](mailto:jo@samaritans.org)

## Local Mental Health Support

**CHANGES**

CHANGES promote the positive mental health and well-being of people living in East Lothian.

**East Lothian 1st Response - 07966 526 452**

If you need urgent help with your Mental Health you can contact East Lothian 1st Response service

Fast-track telephone appointments available Monday to Friday. Call or text 07966 526 452, leave a message stating your name and number and we will call you back to book an appointment.

**Other contacts for CHANGES**

Office: 0131 653 3977 (Mon to Fri, 10 am to 2 pm)

Email: [info@changeschp.org.uk](mailto:info@changeschp.org.uk)

Website: <http://www.changeschp.org.uk/>

**Collaborative Working for Intermediate Care Mental Health (CWIC MH)**

Monday to Friday, 9am to 4pm  
Telephone: 01620 642963

This service is open to those who are aged 18 and over who are registered with an East Lothian GP practice and are looking for support with their mental health. The service is staffed by experienced Mental Health Occupational Therapists and Community Mental Health Nurses who will work with patients with symptoms of anxiety, emotional distress, low mood, psychosis, known mental health problems, depression, schizophrenia and bipolar disorder. There is no requirement to contact your GP Practice first. Patients can self-refer to the service by contacting the team (based at East Lothian Community Hospital) on the telephone number above. Due to the Covid19 crisis, consultations will be telephone based with the option also to use video conferencing. Service offers short-term support only.

A communications toolkit explaining more about the service can be accessed [here](https://coel.sharepoint.com/sites/CoEL/Shared%20Documents/Covid%2019%20Resilience%20Resources/04%20Coronavirus%20Resources%20for%20Specific%20Client%20Groups/CWIC%20Mental%20Health%20Phone%20Line%20Toolkit.pdf).

**CAPS Advocacy**

Independent advocacy organisation for people who are experiencing, or have experienced, mental health issues. Provides individual and collective advocacy for people aged 18 to 65 years in East Lothian.

Tel: 0131 273 5118

Email: [advocate@capsadvocacy.org](mailto:advocate@capsadvocacy.org)

<http://capsadvocacy.org/>

**Eastspace website:**

East Lothian’s online source of mental health and wellbeing information

<https://eastspace.org.uk/>

**Anam Cara (women empowering women – formerly known as Pink Ladies)**

Anam Cara run workshops for women who are experiencing low self-esteem, anxiety or depression to builder their inner resilience and strength. They have a closed Facebook group with workshop materials and are exploring a buddying or befriending service to enable workshop participants to support each other. They accept referrals for women living in East and Mid-Lothian. The referral criteria are that women have to a) be experiencing low self-worth b) be using, or be at risk of using, unhealthy coping strategies e.g. alcohol, food, drugs, social media and c) be interested in making a change.

Tel: 07551 774089

Email: [fiona@anamcara.scot](mailto:fiona@anamcara.scot)

Website:<https://anamcara.scot/>

**Social Work Support**

Contact Centre: 01875 824 309 (Mon to Thur, 9 am to 5 pm, Fri 9 am to 4 pm)

Out of Hours Emergency Support: 0800 731 6969

**NHS Intensive Home Treatment Team (IHTT)**

Referral via GP, NHS 24 or emergency services

Tel: 0131 536 8300

Email: [el.ihtt@nhslothian.scot.nhs.uk](mailto:el.ihtt@nhslothian.scot.nhs.uk)

## National Helplines and Websites

**Breathing Space – 0800 83 85 87**

Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone - we're here to listen. Helpline operates weekdays, Mon to Thurs, 6 pm to 2 am, and weekends, Fri to Mon, 6pm to 6 am.

<https://breathingspace.scot/>

**Hub of Hope**

Mental health resources database. The cloud-based web application allows anyone, anywhere to find the nearest source of support for any mental health issue, from depression and anxiety to PTSD and suicidal thoughts, as well as providing a ‘talk now’ button connecting users directly to the Samaritans.

<https://hubofhope.co.uk/>

**Mind**

Information for families, friends and carers on supporting someone with a mental health problem:

<https://www.mind.org.uk/information-support/helping-someone-else/>

**Mental Health Support**

Mental Health Support aims to provide accessible advice and information about mental health issues and services to people with mental health problems, their carers, health professionals and anyone else with an interest in mental illness.

Website: <http://mentalhealthsupport.co.uk/ns/>

**Samaritans in Scotland**

Resources to support you if you are having a difficult time or if you are worried about someone else.

<https://www.samaritans.org/scotland/how-we-can-help/>

Call (24 hr helpline) 116 123

Email (response time 24 hours) [jo@samaritans.org](mailto:jo@samaritans.org)

**Scottish Association of Mental Health (SAMH)**

Resources for people living with a mental health problems and their families, friends and carers.

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

## Support for Children & Young People

**Child and Adolescent Mental Health Services (CAMHS) Resources**

This site was created for young people, carers and professionals to pool together helpful resources from across the internet that are available to help support your mental health and well-being.

<https://www.camhs-resources.co.uk/>

**Mee Two**

The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives including mental health difficulties.

<https://www.meetwo.co.uk/>

**NHS Lothian CAMHS**

<https://services.nhslothian.scot/camhs/Resources/Pages/Online-Resources.aspx>

## Mental Health and Wellbeing Apps

**NHS curated list of mental health apps**

List of mental health apps curated by NHS including the criteria they use to assess apps. The list includes many free apps but some of the apps listed have to be paid for or prescribed i.e. be subscribed to by an institution to be used alongside a face-to-face intervention provided by a mental health worker.

<https://www.nhs.uk/apps-library/category/mental-health/>

**Calm**

Free resources including music, sleep stories, guided meditations to support people during coronavirus outbreak.

<https://www.calm.com/blog/take-a-deep-breath>

**Happify**

Scientifically-based mood training programme, games and activities.

<https://www.happify.com/>

**Headspace**

Meditations, sleep, and movement exercises to help you out, however you’re feeling when “weathering the storm” of the coronavirus outbreak.

<https://www.headspace.com/covid-19>

**Mind Shift CBT**  
Free user-friendly self-help tool based on proven scientific strategies, MindShift™ CBT teaches about anxiety, helping users to engage in healthy thinking and to take action.

<https://www.anxietycanada.com/resources/mindshift-cbt/>

**SAM App for Anxiety Management**

Build your own 24-hour tool kit and learn 25 self-help techniques.

<https://sam-app.org.uk/>

**Sleepio**

Sleepio is an online sleep improvement programme which delivers tailored and engaging advice.

Website: <https://go.bighealth.com/sleepio_nhs>

**Smiling Mind**

Free app offering daily meditation and mindfulness on any device.

<https://www.smilingmind.com.au/smiling-mind-app>

**Worry Tree**

The WorryTree app aims to help you take control of worry wherever you are using CBT techniques.

<https://worry-tree.com/>

## Mental Health & Money Advice

**Mental Health and Money Advice**

Advice from website to help you understand, manage & improve your mental health and money issues:

<https://www.mentalhealthandmoneyadvice.org/scot>

Webpage with specific advice in relation to coronavirus outbreak:

<https://www.mentalhealthandmoneyadvice.org/scot/top-tips/mental-health-and-money-advice-for-covid-19-outbreak/>

## Coping with Suicidal Thoughts / Suicide

**Staying safe from suicidal thoughts**

Safety planning tool for people experiencing suicidal thoughts

<https://www.stayingsafe.net/home>

**Hopeline – 0800 068 4141**

Hopeline for young people feeling suicidal: 0800 068 4141

Monday to Friday: 10.00 am to 10.00 pm

Weekends: 2 pm to 10.00 pm

<https://papyrus-uk.org>

**Survivors of Bereavement by Suicide**

Helpline (9am to 9.00pm, Mon to Fri) – 0300 111 5065

Website: <https://uksobs.org/>

Email: [email.support@uksobs.org](mailto:email.support@uksobs.org)

**Zero Suicide Alliance**

Zero Suicide Alliance offers free suicide awareness training courses. The course recommended for staff and carers is Step 3, which is of a similar level to SafeTALK.

<https://www.zerosuicidealliance.com/training>

## Self-Injury or Self-harm

**Self-injury**

Resources to promote the wellbeing and understanding of people, and particularly women, who self-injures because they are distressed.

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

Information for families, friends and carers about supporting someone who self-injures:

<https://www.selfinjurysupport.org.uk/i-want-to-help-someone>

**Calm Harm**

Calm Harm is a free app designed to help people resist or manage the urge to self-harm. It's private and password protected.

<https://calmharm.co.uk/>

**distrACT**

The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. The content has been created by doctors and experts in self-harming and suicide prevention.

<https://www.expertselfcare.com/health-apps/distract/>

## Support for Specific Mental Health Diagnoses / Symptoms

**Addiction**

**We are with you**

Website providing free, confidential support to people experiencing issues with drugs, alcohol or mental health. Options to chat online to access help and advice.

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

**East Lothian Substance Misuse Service:** 0131 446 4853

**Mid and East Lothian Drugs (MELD):** 0784 333 9958

**BEAT**

Information and advice about supporting someone who has an eating disorder including on starting important conversations with someone you’re worried about.

<https://www.beateatingdisorders.org.uk/supporting-someone>

Carers’ booklet for family and friends

<https://www.beateatingdisorders.org.uk/uploads/documents/2018/5/carers-booklet-1.pdf>

**Coping with Stress**

Stress control free online programme for staff and carers

<https://stresscontrol.org/>

Breathing and relaxation exercises for stress

<https://www.nhsinform.scot/healthy-living/mental-wellbeing/stress/breathing-and-relaxation-exercises-for-stress>

**NHS inform Self-help Guides**

Self-help guides for a range of symptoms and health conditions – scroll down the webpage to section on “Mental health self-help guides”

<https://www.nhsinform.scot/self-help-guides>

Advice on dealing with low mood, anxiety, phobias, stress and where you can get help.

<https://www.nhsinform.scot/healthy-living/mental-wellbeing>

**Obsessive Compulsive Disorder (OCD)**

Recovery-focused website about OCD run by and for people with lived experience of the condition.

<https://www.ocduk.org/>

## Bereavement

**Cruse Bereavement Care Scotland**

National helpline: 0845 600 2227 (5p per minute plus your phone company’s access charge)

Opening hours Mon to Thurs, 10 am to 8 pm, and Friday, 10 am to 4 pm.

Email: [support@crusescotland.org.uk](mailto:support@crusescotland.org.uk)

Website: <http://www.crusescotland.org.uk/>

**NHS Lothian Bereavement Service**

Practical advice and information on what to do after a death, as well as help finding bereavement support.

Tel: 0131 242 6995 (9am - 5pm, Monday to Friday)

Email: [bereavement.service@nhslothian.scot.nhs.uk](mailto:bereavement.service@nhslothian.scot.nhs.uk)

## Domestic Abuse

**Scottish Domestic Abuse and Forced Marriage Helpline (open 24/7) – 0800 027 1234**

<https://safer.scot/>

**Women’s AID East and Midlothian (WAEML)**

A confidential service that provides valuable information, support and temporary accommodation to women and their children who have experienced domestic abuse. Our phone line, social media and email is staffed Monday to Friday, 9 am to 4 pm.

Email: [info@womensaideml.org](mailto:info@womensaideml.org)

Tel: 0131 561 5800

Facebook: <https://www.facebook.com/waeml/>

## Covid-19 Resources – Adults

### Local Resources

**Eastspace**

Local service updates in relation to Covid-19.

<https://eastspace.org.uk/east-lothians-online-source-of-online-mental-health-and-wellbeing-information/covid-19-service-updates/>

**North Berwick– Informal Mental Health Support**

North Berwick Health and Wellbeing Association are now able to offer additional emotional support to individuals during the coronavirus outbreak via Community Connections volunteers with mental health backgrounds. Please contact Carol Stobie via email below for further information.

Email: [nbc-communityconnections@outlook.com](mailto:nbc-communityconnections@outlook.com)

Facebook: <https://www.facebook.com/northberwickhealthandwellbeing/>

### National Resources

**4 Mental Health Resources**

Online resource with ideas to help you cope and/or feel a bit calmer during this challenging time

<http://learn.4mentalhealth.com/>

**Clear your head (Scottish Government Healthier Scotland Resource)**

Things you can do to clear your head given the impact of the coronavirus on daily life in Scotland

<https://clearyourhead.scot/>

**Mental Health Foundation**

Information about how to look after your mental health during the Coronavirus outbreak

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

**Lifting Lockdown Self-Help Booklet**

In this booklet you will find coping and grounding techniques and specialist therapy skills as well as activities to get you thinking about what will alleviate some of the pressure or stress that you may be feeling when thinking of life getting back to normal. Copy of booklet can be viewed [*here*](https://www.coel.org.uk/lifting-lockdown-booklet/)*.*

**Mind**

Coronavirus and your mental wellbeing resources including plan for staying at home:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

**Scottish Association of Mental Health (SAMH)**

Coronavirus and your mental wellbeing resources:

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-and-your-mental-wellbeing>

**The Wise Group Re-Connect CBT**

Re-Connect CBT is a series of short group therapy sessions to help you cope during the COVID-19 pandemic and beyond. You must be 18 years or over to join a session.

<https://www.thewisegroup.co.uk/re-connectcbt/>

Sessions last one hour and are delivered in groups of up to 12 people. You will work with a counsellor who will provide you with the tools to help you deal with difficult situations you may be facing during the pandemic.

The sessions will help you to manage:

* Anxiety
* Depression
* Loss, Grief and Bereavement
* Anger
* Domestic Abuse

You can attend as many or as few sessions as you like. The sessions are free and will be offered on a four weekly rolling basis.

### Advocacy

**Mental Welfare Commission**

The Mental Welfare Commission has published new advice on the coronavirus situation for people who use mental health, learning disability and dementia services and for their family or carers (last updated 6th May 2020).

<https://www.mwcscot.org.uk/news/coronavirus-mental-welfare-commission-advice-people-using-services-and-their-familycarers>

**CAPS Advocacy**

Individual Advocacy Staff are working from home during coronavirus outbreak and can be contacted on 0131 273 5118.

<http://capsadvocacy.org/>

Collective Advocacy meetings are taking place online during the coronavirus outbreak. Please contact Ele for more information on 07948 740 158 or at [ele@capsadvocacy.org](mailto:ele@capsadvocacy.org).

### Support for Specific Mental Health Diagnoses / Symptoms

**BEAT**

Information about supporting someone with an eating disorder during the coronavirus outbreak.<https://www.beateatingdisorders.org.uk/coronavirus/supporting-someone>

**Bi-Polar Scotland**

Bi-Polar Lothian support group are meeting online on Zoom during coronavirus (see link to calendar of events below). Group open to anyone over the age of 18 who is affected by bi-polar – those living with the diagnosis and their families or carers.

Calendar of Events: <https://lothianbipolargroup.org.uk/calendar/>

Email: [info@lothianbipolargroup.org.uk](mailto:info@lothianbipolargroup.org.uk)

**Coping with Anxiety**

Wellness Society Anxiety Workbook

<https://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf>

Free Guide to Living with Worry and Anxiety amidst Global Uncertainty

<https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf>

**Obsessive Compulsive Disorder (OCD)**

OCD and Coronavirus Survival Tips

<https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

**Self-Injury Support – Coping with Covid-19 Resources**

Blogs about coping with lockdown when your mental health is already not great.

<https://www.selfinjurysupport.org.uk/blog/coping-with-coronavirus-lockdown-when-your-mental-health-is-already-not-great>

The website also makes it very clear that if you need treatment for self-harm you should still go to A&E during lockdown: “***The most common message we are hearing from A&E staff right now is that they have noticed fewer people coming to A&E for self-harm treatment and are worried about those people and what they are doing instead.”***

<https://www.selfinjurysupport.org.uk/self-care-and-self-advocacy>

### Bereavement

**Cruse Bereavement Care – Covid-19 Resources**

Advice on coronavirus and dealing with bereavement and grief. Link includes information about funerals and memorials given the policies on social distancing.

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

### Domestic Abuse

**Support and advice for women and children experiencing abuse during Covid-19**

1. East Lothian and Midlothian Public Protection lists help available for women and men experiencing relationship violence: <https://emppc.org.uk>. Email: [emppc@eastlothian.gov.uk](mailto:emppc@eastlothian.gov.uk)
2. The **Scottish Women's Rights Centre**[list of support available for women experiencing abuse during COVID-19](https://www.scottishwomensrightscentre.org.uk/news/covid-19coronavirus-info/covid-19-support-available-for-women-experiencing-abuse/#rlslider_4): useful helplines and sources of support for all aspects of violence against women and girls including for women with no recourse to public funds.
3. **Women’s Aid East and Midlothian (WAEML) -** WAEML remains open for support for domestic abuse for women and children and young people. Although all sites are closed to the public the staff team are largely working from home. Service hours: Monday – Friday 9am–4pm.Contact details: Tel: 0131 561 5800 / Email: info@womensaideml.org / Facebook: Womens Aid East and Midlothian / Twitter: @WomensAidEML

## Covid-19 Resources – Children & Young People

**Exploring and managing feelings during unsettled times (Penumbra resource)**

“Responding to change: How to manage your wellbeing during Covid-19” guide for young people, with easy to understand language and visuals.

<http://www.penumbra.org.uk/wp-content/uploads/2020/04/responding-to-change.pdf>

## Covid-19 Resources – Practitioners

**Psychological First Aid**

Psychosocial wellbeing resources for staff and carers

<https://learn.nes.nhs.scot/28063/coronavirus-covid-19/psychosocial-mental-health-and-wellbeing-support-for-staff>

Psychological First Aid presentation (webpage to download presentation)

<https://learn.nes.nhs.scot/28064/coronavirus-covid-19/psychosocial-mental-health-and-wellbeing-support-for-staff/psychological-first-aid>

**Mental Health Education**

Resources for Mental Health providers and frontline workers assisting with the global COVID-19 crisis:

<https://www.mentalhealthacademy.co.uk/crisis-resources>

## Wellness Activities

**NHS fitness studio**

Fitness studio: <https://www.nhs.uk/conditions/nhs-fitness-studio/>

10-minute workouts: <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

Gentle seated exercises: <https://www.nhs.uk/live-well/exercise/sitting-exercises/>

**Arts for Challenging Times**

NHS Lothian Art Therapies department has curated a list of self-care through art resources to help people look after their mental health and wellbeing during the coronavirus outbreak.

<https://services.nhslothian.scot/ArtsTherapies/Pages/Arts-for-Challenging-Times.aspx>

**The Alliance Carer Voices “One Song Sing Along”**

Weekly sing-a-long session for carers on Zoom on Fridays at 3pm organised by The Alliance carer voices project. See link for full details on how to join

<https://www.alliance-scotland.org.uk/blog/events/join-the-carer-voices-1-song-singalong-online/>

**The City Workshop – Online Daily Drawing for Wellbeing**

Daily 20 minute guided drawing session to take your mind of other things. No skill or specialist equipment required. Free or donate what you feel you can afford.

<https://thecityworkshop.co.uk/daily-drawing>

**Creative Writing**

How to write a book in six weeks, a safe supportive community if you want to share your writing!

<https://www.theweebookcompany.com/haivers-an-blethers?aid=21906>

**Scottish Mental Health Arts Festival (SMHAF) - Mind to Move: Online Classes**

The 30 minute class involves breathing and relaxation exercises, and movement improvisation, and are open to all. The classes, delivered via Zoom, run every Tuesday at 12pm whilst we’re on lockdown, and are offered on a donation / no charge basis.

<https://www.mhfestival.com/2020/589-mind-to-move-online-classes>

**Paths for All – Mind to Walk: podcast**

Narrated by radio DJ and TV presenter Edith Bowman, our ‘Mind to Walk’ audio talks you through a walk that will relax your mind as you move your feet.

<https://www.pathsforall.org.uk/whats-on/event-details/mind-to-walk>

**Carers Link – Weekly Online Mindfulness Sessions**

It can be hard being stuck in the house for long periods, so why not take a short break for yourself and join us online for a short Mindful practice every Thursday morning, 11 am to 11:30 am. Click on the link below to view online calendar and select the date of the session you wish to join for more details.

<https://carerslink.org.uk/events/>

**Three-minute Mindfulness Breathing Space**

Three three-minute breathing space narrated by Ed Halliwell – one of the world's leading mindfulness teachers. You can listen to it whenever you feel tense and it is a simple and great way to calm your mind and body down.

<https://www.mentalhealth.org.uk/podcasts-and-videos/3-minute-mindfulness-breathing-space>

**Daily virtual cuppa for carers**

Daily “virtual cuppa” for carers to share concerns and vent frustrations promoted by Social Care Institute for Excellence:

<https://www.mobiliseonline.co.uk/cuppa>

**Yoga for Neck & Shoulder Relief – Yoga with Adrienne**

Free online yoga video to help ease tension in neck and shoulders

<https://yogawithadriene.com/yoga-for-neck-and-shoulder-relief/>,

**RVS village Noticeboard**

Royal Voluntary Service (RVS) has created a virtual noticeboard posting announcements of activities and classes. Classes are streamed live on Facebook and also recorded and published on YouTube. There is a wide range of activities available from exercise to arts and crafts and sewing to technology skills.

<https://www.royalvoluntaryservice.org.uk/our-services/virtual-village-hall/noticeboard>

## Last Updated

Kirsteen Powell – 08/06/2020