

Tayside Mental Health and Wellbeing Resources and Support



Many people will experience an increase in mental health symptoms throughout this coronavirus outbreak due to the impacts of:

- quarantine,
- financial difficulties and uncertainty,
- social isolation, and
- anxiety about potential health impacts of Covid-19.

These are likely to be higher among people with existing mental health conditions, financial worries, frontline workers or those with underlying health issues.

However anyone can be affected and experience symptoms such as low mood, insomnia, anxiety, irritability, poor concentration and stress.

Therefore it is important that we all look after our mental health and wellbeing during this time.

The following resources offer useful information and advice as well as direct support. It is not a complete list and will be updated regularly.

General

NHS Inform - hosts a wealth of advice on symptoms, social distancing, caring for a cough or fever, as well as how to look after your mental wellbeing during the Covid-19 pandemic www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19

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 www.readyscotland.org/coronavirus/

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Local Services

Local mental health and wellbeing support services are continuing to support existing clients via telephone and online. If possible, email or check for updates on Facebook. Phone messages will be checked as often as possible.

Penumbra Dundee Wellness Services - People can get in touch with general enquiries via: dundee.nova@penumbra.org.uk or dundee.carers@penumbra.org.uk 01382 223487 (messages are being picked up daily Monday-Friday)
General updates will be posted on Facebook www.facebook.com/penumbradundee/

Penumbra Angus Wellbeing Services - enquiries and referrals can be made via: angus.nova@penumbra.org.uk

Angus Peer Service - telephone appointments can be booked through GP Practices

Angus Suicide Prevention Service - telephone and email support (Monday to Friday 9am-5pm). Contact aspss@penumbra.org.uk or 0800 135 7899
General updates posted on Facebook www.facebook.com/penumbraangus/

Community Listening Service (Tayside wide)

The Community Listening Service has moved to a telephone listening service during the coronavirus outbreak. Anyone in Tayside can contact the listening service - phone or text 0796 777 1941 - to arrange a telephone appointment.

Drug and Alcohol Services

We Are With You (formerly Addaction) are offering online and telephone support via the following:
www.wearewithyou.org.uk - Free confidential support to people experiencing issues with drugs, alcohol or mental health (online and telephone service)

Tayside Council on Alcohol (TCA) - contact can be made via:

Email: enquiries@alcoholtayside.com and
Facebook: www.facebook.com/alcoholtayside
Phone (leave a message):

- Perth 01738 580336
- Dundee 01382 456012
- Angus 01241 872989

SMART Recovery - online SMART meetings can be accessed at www.smartrecovery.org.uk/online-meetings/

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Online Support

Tayside

Cool2Talk - www.cool2talk.org - This is a confidential place and 121 counselling service for young people aged between 12 and 26 to freely ask questions about things that are affecting them.

Suicide? Help! - an information app for people who are thinking about suicide or worried about someone else. As well as providing information about suicide, such as how to get help and what signs to look for in others, this app provides details of relevant local services - website www.suicidehelp.co.uk

Money Worries? - This app is a comprehensive resource which points people to the right help in a crisis. Search for 'Money Worries? Find the right help in a crisis' on the app stores.

National

Living Life to the Full - <https://littf.com> - a free life skills course teaching how to tackle and respond to issues or demands in everyday life. Includes specific wellbeing advice related to Coronavirus for adults, young people and their parents and health workers.

Beating the Blues - www.nhstayside.scot.nhs.uk/beatingtheblues/index.htm - a computer based self-help programme which uses Cognitive Behavioural Therapy (CBT) for people experiencing mild to moderate depression or anxiety. Available in Tayside via GP referral (not sure of current status)

Headspace - www.headspace.com - Using proven meditation and mindfulness techniques, Headspace helps its users to train their minds, to experience benefits including less stress, better sleep, focus and improved relationships (Headspace are offering more free functions during the Coronavirus crisis) Also available as an app.

Moodscope - www.moodscope.com - an online tool to track wellbeing day-to-day, increasing awareness of the causes of our ups and downs. There is the option of sharing with a nominated online support 'buddy'.

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Helplines and advice

Breathing Space - 0800 83 85 87 - listening advice and information for people feeling low, stressed or anxious

Samaritans - 116 123, email: jo@samaritans.org - provides 24 hour confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide www.samaritans.org

SANE - 0300 304 7000 - offers emotional support and information to anyone who is worried about their own mental health, or a concerned family member, friend or professional www.sane.org.uk

CALM - 0800 58 58 58 - helpline and webchat dedicated to preventing male suicide www.thecalmzone.net/

Survivors of Bereavement by Suicide - 0300 111 5065, email: email.support@uksobs.org - exists to meet the needs and break the isolation of those bereaved by suicide uksobs.org

Shout - Text 'SHOUT' to 85258 for free 24/7 text based support for anyone in crisis, struggling to cope and in need of immediate help.

Drug use helpline (Know the Score - confidential information and advice online and by telephone) - 0333 230 9468 www.knowthescore.info/

Alcohol helpline (Drinkline Scotland -alcohol helpline for anyone worried about their own or someone else's drinking) - 0300 123 1110

Domestic abuse helpline (Domestic Violence Helpline - confidential support from highly trained female advisors) - 0800 027 1234

Rape Crisis Scotland helpline (Rape Crisis Scotland - confidential support, advice and information. For anyone, women and men, affected by sexual violence no matter when or how it happened) - 08088 010302

Bereavement helpline (Cruse Bereavement Care) - 0845 600 2227 - offers support to people who have lost someone close www.crusescotland.org.uk

LGBT health and wellbeing helpline (LGBT Helpline Scotland - information and emotional support) - 0300 123 2523

Parents helpline (Parentline Scotland - tips, advice and support for parents) - 08000 28 22 33

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Mental Health National Websites

Alcohol Change UK - Information and advice on alcohol during the coronavirus outbreak, including how to manage your drinking www.alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub

SAMH (Scottish Association for Mental Health) - Hub of information and guidance about looking after your mental health as the coronavirus developments continue www.samh.org.uk/coronavirus

Samaritans - compiled resources and information for people worried about their mental health during the coronavirus outbreak www.samaritans.org/scotland/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/

Mind - information on coronavirus and your wellbeing, including useful checklists to help people to prepare for and cope with social isolation www.mind.org.uk/information-support/coronavirus-and-your-wellbeing

Mental Health Foundation - information on looking after your mental health during the coronavirus outbreak www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

Young Scot - find out more about what's happening and the simple steps you can take to help prevent catching COVID-19 and spreading to others. Also find out more about what you can do if you are feeling anxious and worried, and how you can support others in your community www.young.scot/campaigns/national/coronavirus

Young Minds - support for young people and parents who are struggling with news about coronavirus. Information for parents on talking to their children about coronavirus www.youngminds.org.uk/

COSLA - advice for supporting children and young people during Covid-19 www.cosla.gov.uk/covid19-advice-supporting-children-and-young-people