**GILMORE MEDICAL PRACTICE**

**MENTAL HEALTH LEAFLET**

USEFUL WEBSITES

This is the main mental health website for Edinburgh. It contains lots of helpful information and links to self-help resources and information about local events, organisations and counselling agencies.

[www.ithriveedinburgh.org.uk](http://www.ithriveedinburgh.org.uk) This is the main mental health website for Edinburgh. It contains lots of helpful information and links to self-help resources and information about local events, organisations and counselling agencies.

[www.llttf.com](http://www.llttf.com) Living Life to the Full – Free online cognitive behavioural therapy for depression and anxiety. A life skills course that aims to teach how to tackle the demands we meet in our everyday lives.

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au) Mood Gym - Free online cognitive behaviour therapy course to learn how to prevent and cope better with symptoms of anxiety and depression.

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk) Mood Juice - Online help for a range of emotional problems and guides you can print out including anxiety, depression, self-esteem, sleep, anger.

[www.glasgowspcmh.org.uk](http://www.glasgowspcmh.org.uk) Free online self-help for a range of issues including depression, anxiety, self-esteem, sleep, anger. It also has audio podcasts and video downloads which are available in English, Urdu and Polish.

EXERCISE COURSE - HEALTHY ACTIVE MINDS THROUGH EDINBURGH LEISURE

For those with mild to moderate low mood, anxiety and depression.

A physical activity programme which aims to help you improve your mental wellbeing. A 12 week physical activity action plan will be agreed along with one-to-one consultation and support from specialist project staff. A free Edinburgh Leisure card will entitle you to free access to swim, gym and fitness class visits at off-peak times, for a 12 week period in Edinburgh Leisure facilities. Discounted leisure card prices apply at other times and for other Edinburgh Leisure facilities. A programme will be developed to suit your lifestyle and needs, and can incorporate different forms of physical activity. Your options include, but are not limited to, walking, swimming, gardening, gym and fitness classes.

Speak to your GP about a referral if you are interested.



TELEPHONE BASED HELP



Living Life - for help with low mood, mild to moderate depression and anxiety.

Cognitive Behavioural Therapy - working with a qualified therapist through a series of 6 - 9 telephone sessions.

Guided Self Help- speaking with a self-help coach who guides you through a series of workbooks over 4 - 8 weeks.

Call: 0800 328 9655 Monday - Friday 1.00pm - 9.00pm Free from a landline. [www.breathingspace.scot/living-life](http://www.breathingspace.scot/living-life)

COUNSELLING

Counselling gives you an opportunity to talk confidentially about your experiences and feelings with someone who will listen carefully to help you look at your life and your feelings in order to seek possible changes. Counselling is offered by voluntary organisations who will often request a financial donation based on what you can afford. It is best to speak with the relevant organisation about this. A full list of counselling agencies is available on the I-Thrive website and our Practice website.

MENTAL HEALTH INFORMATION STATION

A one stop shop providing support, information and signposting. This service offers:- psychological self-help guides and resources, signposting to community groups/activities, standardised information on conditions and medication, information for carers. It prvides a telephone service and a in-person drop-in. Every Thursday morning 09:30-16:30 at Walpole Hall. Or cal 0131 5378688.

GUIDED SELF HELP

One to one support provided by a guided self help worker to access self help materials based on principles of CBT. Delivered over four sessions. Speak toyour GP if interested.

COMPUTERISED CBT

Beating the Blues. 8 weekly one hour sessions completed at home. Suitable for mild to moderate depression and/or anxiety including phobias and panic. An email address is required for this service.

CRISIS CONTACTS - IF YOU NEED TO SPEAK WITH SOMEONE URGENTLY

ORGANISATION TELEPHONE

**Breathing Space** 0800 83 85 87 Mon - Thur 6pm - 2am, Fri 6pm - Mon 6am Free National confidential helpline

**Samaritans** 0131 229 9999 Local branch 9am - 10pm 0845 790 9090 National confidential helpline 24 hours Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Edinburgh Crisis Centre** 0808 801 0414 Local confidential helpline 24 hours 07974 429 075 Text number Email: [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

Offers sensitive, one-to-one support and information on a primarily face-to-face basis. The centre also provides a safe private space for people in distress to receive support, including overnight accommodation if required

**MHAS** 537 6463 Available 24 hours

A nurse led team based at the Royal Edinburgh Hospital for people experiencing a mental health crisis. Will refer you to the agency or service that best meets your needs and liaise wtih your healthcare provider about your care and assessmen

**NHS 24** 111 Available 24 hours www.nhs24.scot