

## **PORTOBELLO & CONAN DOYLE SURGERIES: INTRODUCTION TO LOCAL MENTAL HEALTH SERVICES**

### **USEFUL WEBSITES**

<https://ithriveedinburgh.org.uk/self-help/self-help-guides-resources/>

A mental health website based in Lothian for people experiencing mental health difficulties, family and friends.

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

Edinburgh based charity promoting positive mental health and wellbeing in Scotland. It offers a wide range of services.

[www.lltff.com](http://www.lltff.com)

Living Life to the Full – Free online cognitive behavioural therapy (CBT) for depression and anxiety.

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

Online help including CBT guides for a wide range of mental health

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk) issues

<https://edinburghcounsellingagencies.co.uk/> Edinburgh Council counselling agencies

### **Mental Health Information Station**

Free friendly drop in runs every Thursday from 11am to 3pm Advice Guidance and coffee

[Mentalhealthinformationstation@nhslothian.scot.nhs.uk](mailto:Mentalhealthinformationstation@nhslothian.scot.nhs.uk)

Walpole Hall St Mary's Cathedral, Palmerston Place Edinburgh EH12 5AW Tel 0131 537 8650

### **EXERCISE COURSE – HEALTHY ACTIVE MINDS THROUGH EDINBURGH LEISURE**

A 12 week physical activity programme which aims to help you improve your mental well being.

See website for more information.

<http://about.edinburghleisure.co.uk/what-we-do/physical-activity-health/healthy-active-minds/>

### **TELEPHONE BASED HELP**

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

Call: 080 328 9655 Monday - Friday 1pm-9pm Free from a landline

[www.nhs24.com/usefulresources/livinglife](http://www.nhs24.com/usefulresources/livinglife)

### **STRESS CONTROL CLASSES**

Free 6 week evening classes; each week focuses on a different aspect of stress, how it affects us and how to cope with it. Classes are run in a lecture format and you will never be asked to talk in front of the group or singled out. You will be given a booklet to accompany the class.

Contact: Health in Mind 0131 225 8508

[www.nhslothian.scot.nhs.uk/services/a-z/stresscontrol](http://www.nhslothian.scot.nhs.uk/services/a-z/stresscontrol)

Dates of the next classes can be found on the Edspace website under Events.

### **COPING WITH ANXIETY COURSE**

Small groups of up to 10 people where you can participate in discussion, share experiences and practice methods of managing anxiety.

Telephone and register your interest by leaving your name and contact details on the answering machine. A course facilitator will then get in touch with you to tell you about the course and discuss if it's right for you. Courses are run in various venues across Edinburgh. Each course lasts for an hour and a half each week, for 6 weeks. Contact: 0131 537 8661

### **BOOKS**

Mindfulness: a practical guide to finding peace in a frantic world by Williams and Penman

## GUIDED SELF HELP

Provides one-to-one support over 3-4 sessions to enable you to make positive changes in your life using a CBT approach that will help you now and in future in dealing with anxiety, depression, stress or insomnia.

For more information please see <http://www.health-in-mind.org.uk/services/guided-self-help.html>

## BEATING THE BLUES

Computerised CBT course can be used by patients in their own homes or in local libraries and community sites if preferred. It involves eight weekly sessions, each lasting around an hour. Requires a referral from GP.

## COUNSELLING

A full list of counselling agencies is available at the IThrive <https://ithriveedinburgh.org.uk/> website or COSCA (Counselling & Psychotherapy in Scotland) <http://www.cosca.org.uk>. Many are offered by voluntary organisations who will often request a financial donation based on what you can afford.

Here are a few examples:

- **Resolve**, 40 Shandwick Place, Edin, EH2 4RT, T: 07760753049, [www.resolvescotland.org.uk](http://www.resolvescotland.org.uk)
- **North East Edinburgh Counselling** , 31 Haddington Place, EH7 4AG, T: 07498 520 377, [www.neecscounselling.org.uk](http://www.neecscounselling.org.uk)
- **CrossReach counselling**, Wallace House, 3 Boswall Rd, EH5 3RJ, T: 0131 552 8901, [www.crossreach.org.uk](http://www.crossreach.org.uk)
- **Wellspring Ltd**, 13 Smith's Place, EH6 8NT, T: 0131 55 6660. [www.wellspring-scotland.co.uk](http://www.wellspring-scotland.co.uk)

## Feeling Good App

To overcome stress, low mood & worry

[www.cdpb.co.uk/fg.pdf](http://www.cdpb.co.uk/fg.pdf)

## CRISIS CONTACTS - IF YOU NEED TO SPEAK WITH SOMEONE URGENTLY

Breathing Space	0800 83 85 87 Free confidential helpline	Mon – Thur 6pm-2am, Fri 6pm – Mon 6am. <a href="http://www.breathingspacescotland.co.uk">www.breathingspacescotland.co.uk</a>
Samaritans	0131 229 9999 0845 790 9090	Local branch 9am – 10pm. National confidential helpline 24hours
Edinburgh Crisis Centre	0808 801 0414	Local confidential helpline 24 hours Offers one to one support in a safe supportive environment for people in distress.
NHS 24	111	Available 24 hours <a href="http://www.nhs24.com">www.nhs24.com</a>