

## Lanarkshire Resource List

**Support from GP:** GPs can support their patients and discuss whether medication or referral to other more specialist support services might be helpful.

**NHS 24:** Call 111 when the GP practice is closed.

**Samaritans 116 123:** (24hrs/day). Calls are free. Email [jo@samaritans.org](mailto:jo@samaritans.org) Provide confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide. [www.samaritans.org](http://www.samaritans.org)

**Breathing Space: 0800 83 85 87** (Mon–Thurs: 6 pm–2 am, Fri: 6 pm–Mon 6 am). Calls are free. A free and confidential helpline for anyone experiencing low mood, anxiety or depression, or who is unusually worried and needs someone to talk to [www.breathingspace.scot](http://www.breathingspace.scot)

**Suicide Prevention Lanarkshire:** Useful information and tools to help you stay safe in a crisis. <https://www.nhs.uk/healthcare/south-lanarkshire/services/suicide-prevention/>

**Mental Health Online Support Services Living Life (NHS24):** Offers support to people in Scotland through self-guided help and cognitive behavioural therapy. Self-refer for an assessment by calling 0800 328 9655 (Monday to Friday: 1:00 pm to 9:00 pm) Guide to Using the Living Life Service [www.nhs24.scot/our-services/living-life](http://www.nhs24.scot/our-services/living-life)

**The Calm Zone:** 0800 585858 A helpline offering support to men, of any age, who are down or in crisis.

**Veterans first point:** Can be accessed by anyone that has served in the armed forces in any capacity. [www.veteransfirstpoint.org.uk/drop-center/lanarkshire](http://www.veteransfirstpoint.org.uk/drop-center/lanarkshire).

**South Lanarkshire Info Line:** [www.infoline@lamh.org.uk](mailto:www.infoline@lamh.org.uk) 0330 3000 133. The Infoline promotes South Lanarkshire's Well Connected Programme that aims to make it easier for people to participate in activities and services designed to improve their wellbeing.

**LAMH Lanarkshire Association for Mental Health:** Supports people through their mental health journey [www.lamh.org.uk](http://www.lamh.org.uk).

**Martin Stepek mindfulness classes:** <https://www.facebook.com/tenforzenscotland/>

**Brothers in Arms:** <https://www.brothersinarmsscotland.co.uk/> Mental health support, resources and links aimed at men's mental wellbeing. Brothers in Arms use digital technology as a way to reach out. The Brother-Stay Alive App is a suicide prevention resource for Scotland. Full of useful information and tools to help stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone who may be considering suicide. In addition to the resources, the app includes a safety plan, customisable reasons for living, and a LifeBox where you can store photos and memories that are important to you.

**Elament:** [www.elament.org.uk](http://www.elament.org.uk) Provides information, support, self-help resources and information on mental health topics for adults, young people, parents and carers and professional and also includes a range of training opportunities across Lanarkshire. Get Self Help: [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) provides Cognitive Behaviour Therapy (CBT) self-help and therapy resources Headspace: [www.headspace.com](http://www.headspace.com).

**Online help from NHS Lanarkshire Psychological Services:** [www.lanarkshiremindmatters.scot.nhs.uk](http://www.lanarkshiremindmatters.scot.nhs.uk)

**NHS Inform:** [www.nhsinform.scot/healthy-living/mental-wellbeing](http://www.nhsinform.scot/healthy-living/mental-wellbeing) 10 stress busters. Breathing and Relaxation Exercises for Stress Dealing with Traumatic Events Why do I feel anxious and panicky Low Mood and Depression Exercise for Depression SAMH: (<https://www.samh.org.uk/about-mental-health>) Self-help & Wellbeing [www.samh.org.uk/about-mental-health/self-help-and-wellbeing](http://www.samh.org.uk/about-mental-health/self-help-and-wellbeing).

**SHOUT: 85258** free confidential, 24/7 text messaging support service for anyone who is struggling to cope. They support people who are anxious, stressed, depressed, suicidal or overwhelmed and in immediate support

**Scotland Domestic Abuse and Forced Marriage Helpline:** Helpline to support anyone experiencing domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them. Provides a confidential, sensitive service to anyone who calls.

Telephone - 0800 027 1234 - Open 24 hours a day, 365 days a year.

Email: [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk)

Website: [www.sdafmh.org.uk/en/](http://www.sdafmh.org.uk/en/)

### **Local services**

North Lanarkshire Women's Aid Monklands: Based in Airdrie

Telephone - 01236 432061

Website: [www.monklandwomensaid.co.uk](http://www.monklandwomensaid.co.uk)

Motherwell District Women's Aid

Telephone - 01698 321000

Website: <https://mdwa.org.uk/>

Cumbernauld and District Women's Aid

Telephone - 01236 730992

Website: [www.nlwaid.com](http://www.nlwaid.com)

North Lanarkshire Council Aura Service delivered by SACRO Support service in North Lanarkshire supporting anyone over the age of 16 experiencing domestic abuse.

Telephone - 01698 757 667

Website: [www.aura.scot](http://www.aura.scot)

South Lanarkshire Women's Aid South Lanarkshire and East Renfrewshire (WASLER)

Telephone - 01355 249897

Website: [www.wasl.org.uk](http://www.wasl.org.uk)

Lanarkshire Rape Crisis Centre Delivers emotional, practical and justice advocacy support to women and girls (12ys+) who have been subjected to any form of sexual violence no matter how long ago it happened. We can also offer individual crisis support and advocacy services to all survivors (12yrs+).

Telephone - 01698 527003

Website: [www.lanrcc.org.uk](http://www.lanrcc.org.uk)

## Other Useful numbers

Well-Informed: [well-informed@samh.org.uk](mailto:well-informed@samh.org.uk) 0800 073 0918 Mental Health information service

SAMH: [www.samh.org.uk](http://www.samh.org.uk) 0800 917 3466 Scottish Association for Mental Health

Child Line: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111

Parent Line: [www.parentlinescotland@children1st.org.uk](mailto:www.parentlinescotland@children1st.org.uk) 0800 28 22 23 Mon – Fri 9am – 9pm, Sat-Sun 9am to noon

NHS24 [www.nhs24.com](http://www.nhs24.com) 111

Police: 999 or 101

PAPYRUS: [www.papyrus-uk.org](http://www.papyrus-uk.org) Prevention of young suicide

Hopeline247 0800 068 4141

CRUSE: [www.crusescotland.org.uk](http://www.crusescotland.org.uk) 0845 600 2227

Petal [www.petalsupport.com](http://www.petalsupport.com) 01698 324502 People experiencing trauma & loss

Survivors of Bereavement by Suicide: [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk) 0844 561 655 (9am-9pm)

In Care Survivors Service Scotland: [www.incaresurvivors.org.uk](http://www.incaresurvivors.org.uk) 0800 121 6027

## Local Healthy Living Initiatives: Community based health initiatives offering a variety of wellbeing opportunities.

Healthy & Happy Cambuslang and Rutherglen Community Health Initiative: [www.healthynhappy.org.uk](http://www.healthynhappy.org.uk) 0141 641 5236

Healthy Valleys: [www.healthyvalleys.org.uk](http://www.healthyvalleys.org.uk) 01555 880 666

Clydesdale Community Initiative : [www.cciweb.org.uk](http://www.cciweb.org.uk) 01555 664 211

Getting Better Together Shotts Healthy Living Centre: [www.shottshealthyliving.com](http://www.shottshealthyliving.com) 01501 825 800

**Online Mental Health Resources Raising Awareness of Mental Health and Suicide Prevention:** Animated videos for practical advice about how to support people who may be feeling suicidal or experiencing mental distress. Created by Health Scotland and NHS Education Scotland.

- Ask, Tell : Look After Your Mental Health: understanding mental health and keeping mentally healthy: <https://vimeo.com/338176495>

- Ask, Tell : Have a Healthy Conversation: supporting compassionate conversations with people who may be experiencing mental distress or who are at risk of suicide: <https://vimeo.com/338176444>

- Ask, Tell : Save a Life: Every Life Matters: suicide prevention and keeping people safe: <https://vimeo.com/338176393>