

## USEFUL WEBSITES

[www.edspace.org.uk](http://www.edspace.org.uk)

Edspace - 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.lttf.com](http://www.lttf.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.

[web.ntw.nhs.uk/selfhelp](http://web.ntw.nhs.uk/selfhelp)

Free online self help for a range of issues including depression, anxiety, self esteem, sleep, anger.

## 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 activities. 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 1pm-9pm Free from a landline

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



**FEELING GOOD APP** This free app contains a safe and effective programme, Positive Mental Training, that is widely used within the NHS in Edinburgh, for increasing wellbeing and recovery from stress, worry and low mood.

## 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 with 20-40 people often attending during the day and up to 100 in the evening. 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

Email [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

[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.

## 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 via the Pastoral Foundation website:

[www.pfcounselling.org.uk/resource/useful-links](http://www.pfcounselling.org.uk/resource/useful-links)

## COMPUTERISED CBT

Called “Beating the Blues”, this is an online treatment programme that uses computerised cognitive behavioural therapy (cCBT) to help people experiencing mild to moderate depression and/or anxiety. It consists of eight, one-hour sessions, completed weekly. The programme is interactive, during sessions patients can watch video clips, complete exercises and learn CBT techniques that will help with their depression and anxiety. Your GP can refer you for this.

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

<b>Breathing Space</b>	0800 83 85 87	Mon – Thur 6pm-2am, Fri 6pm – Mon 6am. Free, National confidential helpline.
<b>Samaritans</b>	0131 221 9999 116 123 Email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	Local branch 9am – 10pm. National confidential helpline 24hours
<b>Edinburgh Crisis Centre</b>	0808 801 0414 07974 429 075 Email	Local confidential helpline 24 hours Text number <a href="mailto:crisis@edinburghcrisiscentre.org.uk">crisis@edinburghcrisiscentre.org.uk</a> 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.
<b>MHAS</b>	0131 5376000	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 with your healthcare provider about your care and assessment.
<b>NHS 24</b>	111	Available 24 hours <a href="http://www.nhs24.com">www.nhs24.com</a>