

West Lothian Resources from Old RefHelp

These pages have been copied Directly from Old RefHelp and have not undergone an update review process

Treatment options for Mild to Moderate Depression (West Lothian)

	<p>Matched care for depression</p> <p>The matched care model for the treatment of depression has been developed across Lothian. This model provides a range of evidence based interventions that aim to match appropriate treatments to the severity of the patient's depression. Treatment options for mild to moderate depression form part of the overall Lothian integrated care pathway for depression.</p> <p>Lothian integrated care pathway for depression</p> <p>For Mild depression Do not prescribe antidepressants- consider Watchful waiting, give information about lifestyle advice, self help material, book prescribing or signpost to relevant organisations</p>
Who to refer	See treatment options
How to refer	see specific treatment options for how to refer
Treatment options	<ul style="list-style-type: none"> - Books on Prescription - Stress Control - Green Gym - Health walks - Living Life - MOOD Project (for older people with depression)

Stress Control (West Lothian)

Stress Control is a free course to help people manage stress. It is designed to help people understand the psychological aspects of stress and learn how to cope better with stress in their lives. The classes can help people to manage stress better and understand the connection between stress, anxiety and low mood.

There are six classes, each week focusing on a different aspect of stress and how it affects us. The course is taught as a lecture style presentation. There will be materials handed out to accompany the classes. Class members will not be required to ask questions or share personal information during sessions.

Session Summary

Introduction and information about stress

Control your body: relaxation and exercise

Control your thoughts: learn to think your way out of stress

Control your actions: boost self-confidence

Control panic

Control sleep problems and control your future.

You don't have to be stressed to benefit. It can help you to avoid stress from building up in future.

If you are experiencing stress, want to avoid future stress or are just interested and want to find out more; then come along to one of our classes. Details of future classes are listed on the NHS Lothian website [click here](#) (link not working).

Bookings are made through Health in Mind. Please call 0131 225 8508 for upcoming course dates.

Contact:

Address: Courses held in various locations in West Lothian

Telephone: 0131 225 8508

email: information@health-in-mind.org.uk

Website: <http://www.nhslothian.scot.nhs.uk/Services/A-Z/StressControl/Pages/WestLothian.aspx> (link not working)

Helpful Resources/NHSLothian checked; <https://www.nhslothian.scot.nhs.uk/Services/A-Z/StressControl/Pages/Helpful-Resources.aspx>

Books on Prescription

Your GP or health professional can now recommend a self-help book by giving you a book prescription. On it will be details of a suggested book title from a recommended list which you can borrow from your local library. Your prescription might also include some useful websites.

These books have been specifically chosen by health and information professionals to help people cope with difficult and emotional times in their lives.

You can get these books from any of the libraries in West Lothian, including mobile libraries. If you are not a member of the library yet, you can get a card by showing your book prescription.

[Click here](#) for more information

GREEN GYM- West Lothian (? 2015 Website)

Green Gym helps you to get healthier, by providing a programme of regular outdoor activities. These activities include things like digging and planting, making paths, growing fruit and veg, planting wildflowers, creating flowerbeds or building seats.

There is much research available which shows that good quality greenspaces can have a very positive impact on people's health and wellbeing and it is also a way for people to be active without realising it.

The green gym is a new way to get fit and healthy by being more physically active in the outdoors. It's also a great way to refresh your mind, reduce stress levels, and improve your overall mental and emotional health. You can meet new people, learn new skills and increase your confidence too.

The Green Gym was founded by The Conservation Volunteers, a national charity which develops, promotes and monitors Green Gyms. It is supported by West Lothian on the Move.

Green Gym is suitable for people aged 16 or over living in West Lothian, regardless of fitness level. Self referrals

accepted.

Contact:

Howden Walled Garden, Livingston, EH54 6AE

Telephone: 07740 899609

Email: a.hunter@tcv.org.uk This e-mail address is being protected from spambots. You need JavaScript enabled to view it

Website: www.westlothianchcp.org.uk/article/4392/West-Lothian-Green-Gym

<https://www.westlothian.gov.uk/article/5129/Green-Gym-in-West-Lothian>

Last Updated on Tuesday, 27 January 2015 15:41

LIVING LIFE(West Lothian)

Living Life is a free telephone service for anyone who is suffering from low mood, mild to moderate depression and/or anxiety.

Two types of telephone intervention and support are provided:

Living Life Guided Self Help (CBT with a self-help coach)

Self-help coaches guide you over the phone through a series of self-help workbooks to help understand some of the reasons why you are feeling low, depressed or anxious.

Sessions take place over a period of approximately 4-8 weeks, at a time suitable to you.

Living Life Cognitive Behavioural Therapy (CBT with a therapist)

Specialist help and support, allowing you to work with a qualified therapist over the phone through a series of 6-9 telephone sessions. The therapist is able to provide specialist CBT support to you in the short term, helping you address negative patterns of thinking and teaching new ways of coping.

You can access Living Life either by GP referral, or by phoning the free, confidential phone line on 0800 328 9655 (Mon-Fri 1pm to 9pm). You will be asked to provide some details and then an assessment appointment will be arranged to discuss the service and how help can be provided to you. (Note – some mobile phone operators may charge for calls so please ask if you are calling from a mobile and would like us to call you back).

Website: <https://breathingspace.scot/living-life/>

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MOOD PROJECT West Lothian

MENTAL HEALTH OPTIONS FOR OLDER PEOPLE WITH DEPRESSION (MOOD)

MOOD project provides a range of groups for people aged 55 and over, who have depression.

The groups aim to help people meet others and develop their self esteem and confidence.

This service is for people aged 55 and over who have depression or low mood. Diagnosis is not required.

Self referrals are accepted.

Contact:

ANSWER House

Reveston Lane

Whitburn

EH47 8HJ

Telephone: 01501 749 974

e mail: MOODPROJECT@hotmail.co.uk This e-mail address is being protected from spambots. You need JavaScript enabled to view it

Website: www.westlothianchcp.org.uk/article/3613/MOOD-Mental-Health-Options-for-Older-People-with-Depression

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WEST LoTHIAN HEALTH WALKS

Put Your West Foot Forward is a Walking Programme in West Lothian. The health walks are free, and are a great way to meet new friends, discover new walks in your area and improve your fitness.

All the walks are all led by trained walk leaders and last between 30 – 60 minutes. The groups are friendly and welcoming and will support new walkers to build up their pace and distance. There are walks across West Lothian – in Armadale, Bathgate, Broxburn, Craigshill, Fauldhouse, Linlithgow, Livingston, Winchburgh and Whitburn.

Don't worry if you're not very active at the moment, or are recovering from injury or illness – you will be able to walk at your own pace and there are always options of shorter walks.

Walks meet on a weekly basis. Please contact HIT for a current programme.

Walks are led by trained volunteers. If you are interested in volunteering contact Laura Dunkel on 01506 771896 or laura.dunkel@westlothian.gov.uk

This service is open to anyone in West Lothian.

Referrals can be made by anyone – a professional, a family member or the individual.Â

Contact:

Community Health Development Officer

Strathbrock Partnership Centre

Broxburn

EH52 5LH

Telephone: 01506775 626

Website: www.westlothianchcp.org.uk/article/4391/West-Lothian-On-The-Move