

## **Mental Health and Wellbeing Resources**

### **SAMH (Scotland's Action for Mental Health)**

Whether you're looking for information, seeking support or just want to have a chat about mental health, SAMH are here to help. Individuals can also access speaking to an advisor through **the Live Web Chat** on their website, which pops up when an advisor is available.

Available: **9am until 6pm Monday to Friday**

Phone: **0344 800 0550**

Email: [infor@samh.org.uk](mailto:infor@samh.org.uk)

Website: [www.samh.org.uk/information-service](http://www.samh.org.uk/information-service)

### **Breathing Space**

Breathing Space is a helpline that offers information and advice through experienced advisors from a range of mental health, counselling, and social work backgrounds.

Available: **24 hours at weekends (6pm Friday until 6am Monday) and 6pm until 2am on weekdays (Monday – Thursday)**

Phone: **0800 83 85 87**

Textphone: **18001 0800 83 85 87**

Website: <https://breathingspace.scot/>

### **NHS 24**

The NHS24 is a 24-hour health service for Scotland.

Phone: **111**

Website: [www.nhs24.scot](http://www.nhs24.scot)

### **SANEline**

SANEline is a national out-of-hours mental health helpline. They offer specialist guidance, information, and emotional support to anyone affected by mental illness.

Available: **4pm – 10pm every day of the year**

Phone: **0300 304 7000**

Website: <https://www.sane.org.uk/>

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### **The Mix**

The Mix is a UK-wide support service for young people and provides support for under individuals aged 11-25 years old.

Available: **Monday to Friday 4pm – 11pm**

Helpline: **0800 808 4994**

Website: [Get Support - The Mix](#)

### **Mind**

Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to raise awareness, promote understanding, and improve services. The Infoline is an information and signposting service, their website also has a list of crisis helplines for many services that offer a listening service.

Available: **Monday to Friday 9am to 6pm (except for bank holidays)**

Infoline: **0300 123 3393**

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Post: **Mind Infoline, PO Box 75225, London, E15 9FS**

### **Samaritans**

Samaritans is a unique charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide. They offer a helpline day or night for anyone who is struggling to cope, needs someone to listen without judgement or pressure. They offer listening and support to people and communities in times of need.

Available: **Anytime, from any phone**

Infoline: **116 123**

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)