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# Mental Health & Wellbeing Support

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- Local
- National
- Other Support Services
- Apps

If you have any queries regarding any of the support resources provided or for information on suicide prevention training in Ayrshire please contact us at [chooselife@aapct.scot.nhs.uk](mailto:chooselife@aapct.scot.nhs.uk) or call 01292 513146.



**Beautiful Inside and Out**, charity providing bespoke counselling and bereavement support to parents and young people in crisis.

<https://en-gb.facebook.com/beautifulinsideandoutsocio/>

Call: 07984328808



SCAN ME



**Megan's Space**, charity focused on suicide awareness and mental health support.

<https://www.facebook.com/MegansSpaceCharity/>



SCAN ME

**RELEASE**  
**#chatitout**

**Release Ayrshire**, volunteer run online men's support outlet for confidential support and advice to men of any age who are down, in crisis or simple need to talk.

<https://www.releaseayrshire.co.uk/about-release-ayrshire/>



SCAN ME



**Penumbra Mental Health**, a pioneering charity providing dedicated services for people with mild to serious and enduring mental ill health. We support people on their journey to better mental health, by working with each person to find their own way forward. The power of people's lived experience enables us to provide pioneering services which transform lives. For support in Ayrshire visit

<https://www.penumbra.org.uk/services/>



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**Breathing Space** is a free confidential phone line for anyone in Scotland over the age of 16 feeling low, anxious or depressed.

[www.breathingspace.scot/](http://www.breathingspace.scot/)

Call: 0800 838587



**Childline** is a free private and confidential service for anyone under 19 in the UK. Childline trained counsellors believe no problem is too big or too small.

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

Call: 0800 1111



**SAMH** provides information and support for people across Scotland with mental health problems. They have an information and support service.

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

Call: 0344 800 0550



**Samaritans** is a confidential, non-judgemental support service. Available 24 hours a day, 365 days a year.

[www.samaritans.org](http://www.samaritans.org)

Call: 116 123



**Papyrus** Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

[www.papyrus-uk.org](http://www.papyrus-uk.org)

Call: 0800 068 4141



Offering support is one of the best things you can do if you think someone may be feeling suicidal, encourage them to talk about their feelings and to listen to what they say.

[www.nhsinform.scot/surviving-suicidal-thoughts/offering-support-to-someone-youre-worried-is-suicidal/](http://www.nhsinform.scot/surviving-suicidal-thoughts/offering-support-to-someone-youre-worried-is-suicidal/)

Call: 111





**Mind**, Mental health advice and support campaigning to improve services, raise awareness and promote understanding.

<https://www.mind.org.uk/>



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**Campaign Against Living Miserably (CALM)** is a free and confidential helpline and webchat 5pm – midnight 365 days a year for anyone who needs to talk about life's problems.

<https://www.thecalmzone.net/>

**Call: 0800 58 58 58**



SCAN ME



**Cruse Bereavement Care Scotland** provides professional support for bereaved adults, children and families across Scotland. We also train and educate individuals and organisations to help bereaved people.

<https://www.crusescotland.org.uk/>

**Call: 0808 802 6161**



SCAN ME



**Shout** is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

**Text SHOUT to 85258** to connect with a volunteer.

<https://giveusashout.org/>



SCAN ME

## Alcohol & Drugs

<p><b>Ayrshire Council on Alcohol</b> offers a free one-to-one confidential service to individuals who are concerned about their drinking. <b>01292 281238</b>, <a href="http://www.acaayr.org/">http://www.acaayr.org/</a></p>	<p><b>NHS Ayrshire &amp; Arran Community Addiction Services</b> are delivered in Ayrshire and offer a number of different interventions. For local contact details visit: <a href="https://www.nhsaaa.net/services-a-z/alcohol-and-drug-services/">https://www.nhsaaa.net/services-a-z/alcohol-and-drug-services/</a></p>	<p><b>We are With You (formerly Addaction)</b> offer free, confidential support to people experiencing issues with drugs, alcohol or mental health. <a href="http://www.wearewithyou.org.uk">www.wearewithyou.org.uk</a></p>
<p><b>Alcoholics Anonymous</b> is a fellowship of men and women who share their experience and help others to recover from alcoholism. <b>08009177650</b>, <a href="https://www.alcoholics-anonymous.org.uk/">https://www.alcoholics-anonymous.org.uk/</a></p>	<p><b>SFAD</b> support anyone who is concerned about someone else's alcohol or drug use. <b>08080101011</b>, <a href="https://www.sfad.org.uk/">https://www.sfad.org.uk/</a></p>	

## Bullying

<p><b>Respect Me</b> provides advice &amp; guidance on dealing with bullying behaviour. <a href="https://respectme.org.uk/">https://respectme.org.uk/</a></p>		
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## Depression

<p><b>Living Life</b> offers free online courses covering low mood, stress and resilience. <a href="https://llttf.com/contact/">https://llttf.com/contact/</a></p>	<p><b>Beating the Blues</b> is an online Cognitive Behavioural Therapy (CBT) programme for individuals with mild to moderate depression or anxiety. <b>Contact your GP to check if this online resource is available.</b></p>	
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## Eating Disorders

<p><b>The Scottish Eating Disorders Group (SEDIG)</b> is Scotland's charity for supporting, connecting and informing anyone affected by an eating disorder. <b>SEDIG have a Facebook page if you'd like more information.</b></p>	<p><b>Beat Eating Disorders</b> offers free telephone and online support and non-judgmental advice regarding an eating disorder. <b>08088010432</b> <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a></p>	
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## Financial

<p><b>Citizens Advice for Scotland</b> offers independent, confidential advice online, over the phone and in person for free. <b>08000281456</b> <a href="https://www.citizensadvice.org.uk/scotland/">https://www.citizensadvice.org.uk/scotland/</a></p>	<p><b>Money Advice Scotland</b> offer confidential advice on how to deal with money worries and debt problems. <a href="https://www.moneyadvicescotland.org.uk/">https://www.moneyadvicescotland.org.uk/</a></p>	<p><b>Gamblers Anonymous Scotland</b> is a fellowship of men and women who share their experience with each other that they may solve their problem and help others to recover from a gambling problem. <b>03700508881</b>, <a href="https://gascotland.org/">https://gascotland.org/</a></p>
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## Men's Shed's

<p><b>Men's Sheds</b> are about social connection and friendship building, sharing skills and knowledge, and of course a lot of laughter. <a href="https://scottishmsa.org.uk/find-a-shed/">https://scottishmsa.org.uk/find-a-shed/</a></p>		
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## Sexual Abuse

<p><b>Break the Silence</b> is a registered charity providing a range support options for people affected by sexual trauma, aged 13 and above in East &amp; North Ayrshire. <b>01563 559558</b> <a href="https://www.breakthesilence.org.uk/">https://www.breakthesilence.org.uk/</a></p>	<p><b>Rape Crisis Scotland</b> provide a national helpline with support and information for anyone affected by sexual violence. <b>08088010302</b> <a href="https://www.rapecrisisScotland.org.uk/">https://www.rapecrisisScotland.org.uk/</a></p>	<p><b>Speak Out Scotland</b> provides a support service for male survivors of childhood sexual abuse. <a href="https://speakoutscotland.org/">https://speakoutscotland.org/</a></p>
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## Sexuality

**The Tie Campaign** take an educational approach to tackling homophobic, biphobia, and transphobic bullying and prejudice in schools. <https://www.tie.scot/>

**Stonewall** is a campaign fighting for the freedom, equity and potential of LGBTQ+ people everywhere  
<https://www.stonewall.org.uk/>

## Veterans

**Combat Stress** is the UK's leading charity for veterans' mental health helping former servicemen and women deal with issues like post-traumatic stress disorder (PTSD), anxiety and depression. **0800 138 1619**.  
<https://combatstress.org.uk/>

**Veterans First Point, Irvine**, have two weekly drop ins for our registered veterans within our service. **01292 310400**  
<https://www.veteransfirstpoint.org.uk/drop-center/ayrshire-arran>

**Poppy Scotland** provide support for current and former members of the Armed Forces as well as their families.  
<https://www.poppyscotland.org.uk/home>  
**Poppy Scotland Ayrshire** (based in Kilmarnock) **01563 598000**.

**SSAFA Ayrshire** provide lifelong support to those who are serving or have served in the British Army, Royal Navy, Royal Marines or the Royal Air Force, and to their families. **0141 4888552**,  
<https://www.ssafa.org.uk/ayrshire>

**Legion Scotland** have branches throughout Ayrshire, for more information visit:  
<https://www.legionscotland.org.uk/>

## Apps

All apps available on Apple and Android



### Better Help

Access to licensed online therapy.



### Calm Harm

Self-management app with activities to 'ride the wave' of self harm.



### Calm

Meditation and sleep aid app.



### Stay Alive

Pocket suicide prevention resource for the UK, packed full of useful information and tools to help you or someone else stay safe in crisis.



### Better Stop Suicide

Self-management app for stopping suicidal thoughts through audio bites, tasks and activities for better sleep.



### Davilo

Mood tracker for self-management.



### Suicide Safety Plan

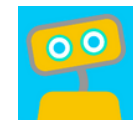
Suicide safety plan app to help people cope and stay safe during crisis and distress.



HEADSPACE

### Headspace

Meditation and mindfulness activities.



### Woebot

Chat bot app with Cognitive Behavioural Therapy (CBT), mindfulness and Dialectical Behaviour Therapy (DBT) techniques.