



Coigach Community Development Company *Mental Health Support Information*

There are lots of free resources – here are some recommended examples:

- **Headspace** <https://www.headspace.com>, uses a Mindfulness approach
- **Mindshift** <https://www.anxietycanada.com/resources/mindshift-cbt/> is a Cognitive Behavioural Therapy (CBT) app.
- **Sanvello** <https://www.sanvello.com> is free during the Covid-19 pandemic
- **Wellbeing Glasgow** <http://wellbeing-glasgow.org.uk/booklets/>

The NHS has a site about mental health, with links to pages specifically providing information about the pandemic - www.nhs.uk/oneyou/every-mind-matters/

- And the pandemic links: firstly, looking after your mental health whilst staying at home: www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/
- and Coronavirus anxiety tips: www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/
- **Support in Mind Scotland** <https://www.supportinmindscotland.org.uk/help-in-a-crisis>
- **PAPYRUS** – young suicide prevention society, for anyone under age 35 experiencing thoughts of suicide
Phone: HOPELINE 0800 068 4141
Text: 07860 039967
(Mon – Fri, 10am – 10pm, weekends and bank holidays, 2pm to 10pm)
- **YoungMinds**
www.youngminds.org.uk
102-108 Clerkenwell Road
London
Tel: 020 7336 8445
Email: enquiries@youngminds.org.uk

YoungMinds is a national charity committed to improving the mental health of all children and young people. YoungMinds publishes a range of booklets for young people covering a large number of mental health issues.

- **Switchboard LGBT+helpline** – here to help whatever you want to talk about. All volunteers self-define as LGBT+

Phone: 0300 330 0630 (daily, 10am-10pm)
Email: chris@switchboard.lgbt (typically replies within 72 hours)

- **Eating Disorders Association**

Wensum House
103 Prince of Wales Road
Norwich NR1 1DW
Email: info@edauk.com
Youth Line for callers 18 years and under: 0845 6347650
Adult Line: 0845 6341414

Information, help and support for anyone affected by eating disorders.

- **Depression Alliance Scotland**

www.dascot.org
Inverness
Barry Fairburn Tel: 079630711667

Depression Alliance Scotland is the only Scottish organisation working with and for people with and for people affected by depression. A user led organisation committed to providing support, raising awareness of depression and treatment options and reducing the stigma which surrounds the condition.

- **Breathing Space**

www.breathingspacescotland.co.uk
Helpline: 0800 83 85 87

A free and confidential helpline service for anyone who is experiencing low mood or depression.

- **Mikey's Line**

www.mikeyline.co.uk
Mental health charity based in Inverness