

Accessing the right Mental Health care

Anyone can experience mental health issues, at any point in their life.
You do not have to deal with these problems alone.

NHS 24 mental health services are available to everyone in Scotland.
The services we offer include listening, offering advice, and guiding you
to further help if required.



Go to nhsinform.scot/healthy-living/mental-wellbeing for

- advice on dealing with low mood, anxiety, phobias, and stress
- free courses to improve your wellbeing, sleep, stress or anger
- video stories from people who share their own experiences
- where to get help



If you are experiencing low mood, depression or anxiety, contact
Breathing Space on 0800 83 85 87

or the webchat service at breathingspace.scot

- 24 hours at weekends (6pm Friday to 6am Monday)
- 6pm to 2am on weekdays (Monday to Thursday)
- 16 years and up, living in Scotland



Psychological therapy - after an assessment you could be offered a short
series of telephone appointments with a therapist

- call Living Life on 0800 328 9655
- Monday - Friday: 1pm to 9pm.
- 16 years and up, living in Scotland



Your General Practice can support and treat mental health. They may
offer talking therapies, local services or prescribed medicines. Online
courses may also be offered. They may refer you to another professional.

111

For urgent mental health support, phone 111, day or night

If you are feeling distress, despair, or suicidal, specially trained advisors or
our mental health nurses can support you and refer you to other services
if needed. No age limit.



If a life is at risk, call 999 or go to A&E

If you are unsure what to do, find out at nhsinform.scot/mental-health-support
To find local services, go to nhsinform.scot/scotlands-service-directory