

Why call Breathing Space?

The service receives around 7,000 calls each month from people concerned about their wellbeing.

Common reasons for calling:

- Stress and anxiety
- Low mood
- Relationships
- Isolation and loneliness
- Thoughts of suicide

So don't let problems get out of hand - whatever your reason for calling, we're here to listen.



Breathing Space is Scotland's mental health phone service.

We are here to provide a safe and supportive space by listening, offering advice and providing information.

Open up when you're feeling down

0800 83 85 87

www.breathingspace.scot

What is Breathing Space?

A free and confidential phone service for anyone in Scotland aged over 16 years, feeling low, depressed or anxious.

The service is staffed by trained advisors who listen, offer advice and provide information. It's always better to open up and speak about anxiety or stress.

It is our belief and hope that by empowering people, they have the resources to recover.

British Sign Language (BSL)

Visit www.breathingspace.scot for information on accessing Breathing Space through the contactScotland-BSL interpretation service.

contactSCOTLAND-BSL

Opening times

Weekdays (Monday to Thursday)
6pm - 2am

Weekends (Open 24 hours)
Friday 6pm - Monday 6am

The service is open when other support such as family, friends, or GPs may be unavailable.



Feedback

Should you have any reason to comment about the service:

Visit: www.nhs24.scot/contactus/feedback/ or www.breathingspace.scot/feedback/

Email: info@breathingspacescotland.co.uk