

# MENTAL HEALTH CONCERNS

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If you are struggling with anxiety and/or low mood at this difficult time please see [www.nhs.uk](http://www.nhs.uk) - Mental health and Wellbeing for additional support and advice.

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If you are currently involved with NHS mental health services please contact your team for support and advice.

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If you are experiencing a mental health emergency/crisis that requires no medical intervention and needs dealt with urgently please call:  
01592 729122

# EMERGENCY & CRISIS NUMBERS

## SAMARATINS

Confidential support for people experiencing feelings of distress or despair.

Free 24-hour helpline.

Call: 116 123

Text: 07725909090

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

## BREATHING SPACE

Available

Monday-Thursday 6pm-2am,

Friday-Monday 6pm-6am.

0800 83 85 87

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

## NHS24

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[www.nhs24.com](http://www.nhs24.com)

**IN AN EMERGENCY: DIAL 999**



# CORONAVIRUS

# PUBLIC INFORMATION FOR MENTAL HEALTH SUPPORT

# MENTAL HEALTH HELPLINES

## **ANXIETY UK**

03444 775 774  
Monday-Friday 9.30am-5.30pm

## **WOMEN'S AID**

Telephone support & emergency visits only  
Available 24/7  
0808 802 5555

## **CALM**

"Campaign Against Living Miserably"  
For men aged 15-35 years.  
Available 5pm-midnight  
0800 58 58 58  
[www.thecalmzone.net](http://www.thecalmzone.net)

## **MENS HEALTH FORUM**

24/7 stress support for men by text,  
chat & email.  
[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

## **MENTAL HEALTH FOUNDATION**

Provides information & support for  
anyone with mental health problems  
or learning disabilities.  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## **MIND**

Promotes the views & needs of people  
with mental health problems.  
Monday-Friday 9am-6pm  
[www.mind.org.uk](http://www.mind.org.uk)  
0300 123 3393

## **OCD SUPPORTS**

No Panic: 0844 967 4848  
OCD Action: 0845 390 6232  
OCD UK: 0333 212 7890

## **PAPYRUS**

Young Suicide Prevention Society  
Monday-Friday 10am-10pm  
Saturday-Sunday 2pm-10pm  
0800 068 4141

## **RETHINK MENTAL ILLNESS**

Support & advice for people living with  
mental illness.  
Monday-Friday 9.30am-4pm  
0300 5000 927

## **CRUSE BEREAVEMENT**

Monday-Friday 9am-5pm  
0808 808 1677

## **SANE**

Emotional support, info & guidance for those  
affected by mental illness, their families &  
carers.  
Daily 4.30pm-10.30pm  
0300 304 7000

## **YOUNGMINDS**

Info on child & adolescent mental health.  
Services for parents & professionals.  
Monday-Friday 9.30am-4pm  
0808 802 5544

## **SAM'S CAFE**

Mental health support  
Wednesday, Friday, Sat & Sun  
2pm-10pm  
07971892886  
07725214012

## **FRASAC**

Fife Rape & Sexual Assault Centre  
01592 642336

## **ADAPT**

Drug & alcohol support  
Available daily 10am-4pm  
01592 321321