

For urgent help, you can call the Samaritans 24 hours a day, 7 days a week, on [116 123](tel:116123) / www.samaritans.org jo@samaritans.org

Breathing Space - [0800 83 85 87](tel:0800838587) / www.breathingspace.scot

The service is open: · Monday to Thursday - 6pm to 2am · Friday 6pm to Monday 6am

Shout

24/7 crises text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

You can access by texting 85258 website www.giveusashout.org/

For non-crisis mental health advice and signposting to local services:

Scottish Association for Mental Health (SAMH)

Call [0344 800 0550](tel:03448000550)

Or email: info@samh.org.uk.

There is also information on mental health support during the pandemic available at:

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-informationhub>

The service is open from 9am to 6pm, Monday to Friday, except on Bank Holidays.

There is access to free cognitive behaviour therapy online support at living life to the full:

<https://littf.com/corona/>