



SUPPORT FOR MENTAL HEALTH AND WELL-BEING

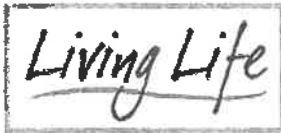


Carers of West Lothian

Sycamore House, Quarrywood Court, Livingston EH54 6AX
Tel: 01506 448000 | Email: office@carers-westlothian.com | www.carers-westlothian.com
Scottish Charity SC019628 | Company Limited by Guarantee Company Number SC226434

Support for Mental Health & Well-being

At times we can all feel a bit overwhelmed with what life throws at us. And for some people managing their mental health is something that they regularly face. Below are some resources to help manage and improve our mental health and ways to help others. If you or someone else are in immediate danger, telephone the emergency services on 999.



Living Life is a free telephone service that could help you understand why you are feeling down or anxious. Their self-help coaches and Cognitive Behavioural Therapists can teach you new ways to help you cope. Call 0800 328 9655.



SAMH (Scottish Association for Mental Health) say 'whether you're living with a mental health problem or supporting someone who is, accessing information is vital', as a result of this SAMH have developed a series of information resources on mental health problems, self-help and well-being, being there for someone, suicide and knowing your rights. You can access their resources on www.samh.org.uk



Support in Mind aim to improve the quality of life for anyone whose mental health problems or mental illness has a serious impact on their life and on the lives of others, including family members, friends and supporters. Their website has lots of information on services and groups, mental health information and useful links www.supportinmind.org.uk

The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year. Our specially-trained helpline team:

- Offer information, friendship and advice.
- Link callers to local groups and services.
- Offer regular friendship calls.
- Protect and support older people who are suffering abuse and neglect.
- The helpline number is: 0800 4 70 80 90.



We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal. If you're given the time and space to talk things through, you can find a way through your problems.

Samaritans help you to explore your options so you can make decisions that are right for you. **CALL US**

Call: 116 123 (UK) Email: jo@samaritans.org (UK)

Write: Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA

Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone—we're here to listen.

Call free on: 0800 83 85 87

- Monday to Friday: 6 pm to midnight
- Saturday and Sunday: 8 am to midnight

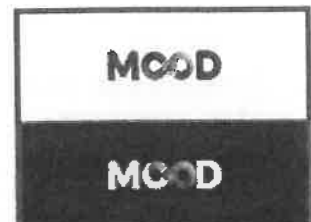
The British Sign Language interpretation service is available during the Breathing Space phone line opening hours at:

<http://breathingspace.scot/how-we-can-help/bsl-service/>



MOOD provides a range of groups and resources including 12 groups for up to 75 older people aged 55+ living in West Lothian with depression. The Group aims to develop self confidence, reduce isolation and encourage social contact to help prevent premature admission to institutional care.

Tel: 01501 749974





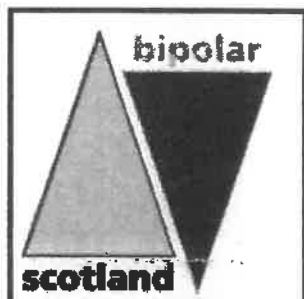
ALBA (Active Living Becomes Achievable) West Lothian
 ALBA works in partnership with local leisure trusts in West Lothian to offer 16 weeks of free one-to-one support to individuals who want to become more active but lack the motivation, self-belief or confidence.
 Email: ALBAWestLothian@samh.org.uk



Services we currently offer:

- listening via telephone/face to face.
- Support group facilitation.
- Signposting family or friends to support networks for loved ones who are considering suicide as an option.
- We can signpost family or friends to support networks for themselves when they have lost a loved one to suicide.

Support Group - For Family and Friends who have lost a loved one to suicide
 1st & 3rd Wednesday of every month, 6.30 pm - 8.30 pm, Strathbrock Partnership Centre, Contact - Donna Paterson-Harvie, Tel: 07446717501



The aims of Bipolar Scotland are to provide information, support and advice for people affected by bipolar disorder, their carers and others with an interest in its work. Visit www.bipolarscotland.org.uk

Our Self-Help groups are open to anyone who has been affected by bipolar disorder. You don't need to be referred, just come along. Group meetings give you an opportunity to discuss any issues that you have around bipolar disorder. Also groups will sometimes have a guest speaker on relevant topics. Meet 2nd Thursday of each month, 7 pm - 9 pm, Bathgate Partnership Centre.

West Lothian's online source of mental health and well-being information.

The aims of the Westspace are to:

- Signpost people to appropriate mental health services in West Lothian
- Enable people to make informed choices in their treatment and care
- Inform people of factors influencing positive mental health and wellbeing
- Enable people to access services and information which may be of benefit to them or someone they support

Visit www.westspace.org.uk



The Mental Health Advocacy Project provides professional independent advocacy services for anyone who has or has had a mental health and /or addiction problems who lives in or is receiving treatment in West Lothian.

Tel: 01506 857230 or visit <http://www.mhapwl.org>

LGBT Health and Wellbeing (LGBT Healthy Living Centre) was set up in 2003 to promote the health, wellbeing and equality of lesbian, gay, bisexual and transgender (LGBT) people in Scotland. It provides support, services and information to improve health and wellbeing, reduce social isolation and stimulate community development and volunteering.

Email: admin@lgbthealth.org.uk
 Tel: 0131 523 1100
 Or visit www.lgbthealth.org.uk

