

## **Mental Health Support Services**

Access to work - The Access to Work scheme is designed to provide advice and financial support for people with health problems or disabilities that impact on their job. It might provide expert advice for employers and employees or pay towards a support worker or equipment the employee needs at work. Access to Work can be very helpful for people with a mental health condition.

Their specialist advisers can provide:

- Tailored work-focused mental health support for 9 months
- Suitable coping strategies
- A support plan to help someone stay in, or return to, work
- Ideas for workplace adjustments to help someone fulfil their role
- Practical advice to support those with a mental health condition.'

<https://www.gov.uk/access-to-work>

Access to work Helpline: Telephone: 0800 121 7479

Mind Infoline – 0300 123 3393, or text 86463, or email [info@mind.org.uk](mailto:info@mind.org.uk)

Mind's Legal Advice Service – 0300 466 6463, [legal@mind.org.uk](mailto:legal@mind.org.uk)

Samaritans – 116 123, or email [jo@samaritans.org](mailto:jo@samaritans.org) for anyone feeling low or contemplating suicide

Saneline – 0300 304 7000, [www.sane.org.uk](http://www.sane.org.uk)

Citizens' Advice – advice network including online, by phone and in person – [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **NHS 24 Mental Health Hub**

The 111 service provides urgent mental health assessment and support 24/7.

Mental Health Support Materials from NHS are available here:

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health>

### **Breathing Space**

A free, confidential service for anyone in Scotland experiencing low mood, depression or anxiety.

**Phone:** 0800 83 85 87

**Phonelines open:**

Monday to Thursday - 6pm to 2am

Weekends - Friday 6pm to Monday 6am

### **Campaign Against Living Miserably (CALM)**

Confidential and free support, information and signposting for men.

**Phone:**

Nationwide - 0800 58 58 58

**Phonelines open:** 5pm to midnight every day

**Webchat:** <https://www.thecalmzone.net/help/webchat/>

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