

Wellbeing Self-Help



WELLBEING MATTERS



Counselling Safeguarding Wellbeing

WEST COLLEGE
SCOTLAND 

Wellbeing Self-Help



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NHS MENTAL HEALTH RESOURCES



5 Steps to Mental Wellbeing

www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing



Every Mind Matters

www.nhs.uk/every-mind-matters



Mind to Mind

www.nhsinform.scot/mind-to-mind

WELLBEING WEBSITES



Renfrewshire Community Mental Health and Wellbeing

www.ren10.co.uk



The Mix

www.themix.org.uk



Wellbeing Glasgow

www.wellbeing-glasgow.org.uk

PHONE/TEXT NUMBERS



Breathing Space

0800 83 85 87

www.breathingspace.scot



Childline

0800 1111

www.childline.org.uk



Samaritans

116 123

www.samaritans.org/scotland



Shout (messaging service)

Text Shout to 85258

www.giveusashout.org



NHS 24

(for urgent support when other services are closed)

111



Hopeline 24/7

0800 068 4141 / Text 88247

www.papyrus-uk.org/papyrus-hopeline247



Emergency Services (When someone is

seriously ill, or injured, or their life is at risk)

999

FREE APPS



Silvercloud (mental health)

wellbeing.silvercloudhealth.com/signup

with access passcode Scotland2020



Sleepio (insomnia/sleep issues)

www.sleepio.com/sleepio/nhsinform



Daylight (anxiety)

onboarding.trydaylight.com/daylight/nhs/



Calm Harm (self-harm support)

calmharm.stem4.org.uk



Happify (negative thoughts/overwhelm)

www.happify.com



Gratitude (mindfulness, journaling)

www.gratefulness.me