

# Wellbeing Self-Help



WELLBEING MATTERS



Counselling Safeguarding Wellbeing

WEST COLLEGE  
SCOTLAND



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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](http://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](http://www.nhs.uk/every-mind-matters)



### Mind to Mind

[www.nhsinform.scot/mind-to-mind](http://www.nhsinform.scot/mind-to-mind)

## WELLBEING WEBSITES



### West Dunbartonshire Wellbeing

[www.wdwellbeing.info](http://www.wdwellbeing.info)



### The Mix

[www.themix.org.uk](http://www.themix.org.uk)



### Wellbeing Glasgow

[www.wellbeing-glasgow.org.uk](http://www.wellbeing-glasgow.org.uk)

## PHONE/TEXT NUMBERS



### Breathing Space

0800 83 85 87

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



### Childline

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)



### Samaritans

116 123

[www.samaritans.org/scotland](http://www.samaritans.org/scotland)



### Shout (messaging service)

Text Shout to 85258

[www.giveusashout.org](http://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](http://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](http://wellbeing.silvercloudhealth.com/signup)

with access passcode Scotland2020



### Sleepio (insomnia/sleep issues)

[www.sleepio.com/sleepio/nhsinform](http://www.sleepio.com/sleepio/nhsinform)



### Daylight (anxiety)

[onboarding.trydaylight.com/daylight/nhs/](http://onboarding.trydaylight.com/daylight/nhs/)



### Calm Harm (self-harm support)

[calmharm.stem4.org.uk](http://calmharm.stem4.org.uk)



### Happify (negative thoughts/overwhelm)

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



### Gratitude (mindfulness, journaling)

[www.gratefulness.me](http://www.gratefulness.me)