

Mental Health and Wellbeing services Aberdeenshire

Available Services and Referral Routes



Aberdeenshire
Health & Social Care
Partnership

Aberdeenshire
COUNCIL



NHS
Grampian

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Introduction

Unfortunately, there is current no single access point to refer patients to for their mental health or wellbeing concerns. Aberdeenshire Health and Social Care Partnership are actively working towards this. In the meantime, here are several resources available to signpost patients towards or refer them on to.

General Mental Health Resources

Aberdeenshire Council - [Mental health and wellbeing - Aberdeenshire Council](#)

MIND - [Helping someone else - Mind](#)

NHS Inform - [NHS inform - Scottish health information you can trust | NHS inform](#)

Rethink - [Worried about someone's mental health? \(rethink.org\)](#)

Samaritans - [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Self-Management and Third Sector Support

| <u>Topic or Concern</u> | <u>Services Available</u> | <u>Referral Process</u> |
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| <u>Abuse (Including Domestic Abuse)</u> | NHS Grampian Self Help Guide on Abuse and Domestic Abuse: Abuse.pdf (ntw.nhs.uk) Domestic Violence.pdf (ntw.nhs.uk) | Self-management guide Signpost/Self-Referral |
| | National Domestic Violence Helpline The helpline can give support, help and information over the telephone. It is staffed 24 hours a day by fully trained female support workers and volunteers. All calls are confidential and there are translation facilities and a service for callers who are hearing impaired. | Signpost/Self-referral www.nationaldomesticviolencehelpline.org.uk Tel: 0808 200 2047 |

Abuse (Including Domestic Abuse)

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| <p>Childline</p> <p>Children and young people can contact if they are in trouble or are being abused.</p> | <p>Signpost/Self-referral</p> <p>Freephone 08001111</p> <p>www.childline.org.uk</p> |
| <p>Grampian Women' Aid</p> <p>Offers a free, confidential, and non-judgmental service to woman who have experienced domestic abuse</p> | <p>Signpost/Self-referral</p> <p>Tel: 01224593381</p> <p>www.grampian-womens-aid.com</p> |
| <p>Rape Crisis Centre</p> <p>Helpline, support, counselling and information for woman and girls who have been raped or sexually assaulted</p> | <p>Signpost/Self-referral</p> <p>Freephone: 0808 802 9999</p> <p>www.rapecrisis.org.uk</p> <p>Email: info@rapecrisis.org.uk</p> |
| <p>Rape and Abuse Support Aberdeen and the North East (RASANE)</p> <p>provides support to people, over the age of 13 years, who have been subjected to sexual violence at any time in their lives</p> | <p>Signpost/Self-referral</p> <p>Tel: 01224 590932</p> <p>Helpline:01224 591342</p> <p>Email: info@rasane.org.uk</p> <p>www.rcgrampian.co.uk</p> |
| <p>Survivors UK</p> <p>Provide information, support and counselling for men who have been raped or sexually abused.</p> | <p>Signpost/Self-referral</p> <p>Helpline: 020 3598 3898</p> <p>Text (SMS) Chat Service: 020 3322 1860</p> <p>Email: info@survivorsuk.org</p> <p>www.survivors.org</p> |
| <p>Victim Support</p> <p>Offers support and practical advice to victims of any sort of crime, including sexual abuse</p> | <p>Signpost/Self-referral</p> <p>Support Line: 0808 1689 111</p> <p>www.victimsupport.org.uk</p> |

**Abuse (Including
Domestic Abuse)**

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| <p>Women’s Therapy Centre</p> <p>Offers individual counselling and groups for women who have been sexually abused</p> | <p>Signpost/Self-referral</p> <p>Tel: 0207 263 7860</p> <p>Email: enquiries@womensthrapycentre.co.uk</p> <p>www.womenstherapycentre.co.uk</p> |
| <p>Men's Advice Line</p> <p>A confidential helpline for all men experiencing domestic violence Freephone available Monday to Friday 9am –5pm</p> | <p>Signpost/Self-referral</p> <p>www.mensadvice.org.uk</p> <p>Tel: 0808 801 0327</p> <p>Email: info@mensadvice.org.uk</p> |
| <p>Respect</p> <p>Helpline offering information and advice to people who are abusive towards their partners and want help to stop</p> | <p>Signpost/Self-referral</p> <p>www.repectphonenumber.org.uk</p> <p>Tel: 0808 802 4040 – helpline for domestic violence perpetrators</p> <p>Men’s advice line: 0808 801 0327 – help for male victims of domestic violence.</p> |
| <p>NHS Grampian Self Help Guide on Alcohol</p> <p>Alcohol and You.pdf (ntw.nhs.uk)</p> | <p>Self Management Guide</p> <p>Signpost/Self-referral</p> |
| <p>Aberdeenshire Alcohol and drug services</p> <p>Provide information about alcohol and drug support, treatment and recovery in Aberdeenshire.</p> | <p>Signpost/Self-referral</p> <p>Tel: 01224 558844</p> <p>www.aberdeenshirealcoholdrugs.support</p> |
| <p>Alcohol and Drug Action</p> <p>provides advice to prevent harmful use of alcohol and drugs as well as person-centred support</p> | <p>Signpost/Self-referral</p> <p>Freephone: 0333 3448 355 or 01224 594700</p> |

**Alcohol and
Substance
Misuse**

**Alcohol and
Substance
Misuse cont.**

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| <p>(Aberdeenshire Central and South only)</p> | <p>www.alcoholanddrugsaction.org.uk</p> |
| <p>Alcoholics Anonymous Information, advice and support to help people recover from alcoholism</p> | <p>Signpost/Self-referral Helpline: 0800 9177 650 Email: help@aamail.org www.alcoholics-anonymous.org.uk</p> |
| <p>Turning point Provides specialist services for people affected by alcohol, drug and mental health problems</p> | <p>Signpost/Self-referral Tel: 020 7481 7600 www.turningpoint.co.uk</p> |
| <p>National Association for Children of Alcoholics Providing information, advice and support for everyone affected by a parent's drinking</p> | <p>Signpost/Self-referral Helpline: 0800 358 3456 www.nacoa.org.uk</p> |
| <p>Al-Anon Family Groups UK and Eire Helps families and friends of alcoholics recover from the effects of living with those with drinking problems</p> | <p>Signpost/Self-referral Helpline: 020 7403 0888 www.al-anonuk.org.uk</p> |
| <p>Narcotics Anonymous Support for those with drug afflictions</p> | <p>Signpost/Self-referral Tel: 0300 999 1212 (10am – midnight) Welcome to UKNA UKNA Narcotics Anonymous in the United Kingdom</p> |

Anxiety

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| <p>NHS Grampian Self Help Leaflet for;</p> <p>Anxiety Anxiety.pdf (ntw.nhs.uk)</p> <p>Health Anxiety Health Anxiety.pdf (ntw.nhs.uk)</p> <p>Panic www.selfhelpguides.ntw.nhs.uk/grampian/leaflets/selfhelp/Panic.pdf</p> | <p>Self Management Guide</p> <p>Signpost/Self-referral</p> |
| <p>Anxiety Care UK</p> <p>Provides support and information to those suffering from anxiety</p> | <p>Signpost/Self-referral</p> <p>www.anxietycare.org.uk</p> <p>Email: recoveryinfo@anxietycare.org.uk</p> |
| <p>Anxiety UK</p> <p>Provides information and support to people suffering from anxiety disorders</p> | <p>Signpost/Self-referral</p> <p>Infoline: 08444 775 774</p> <p>Text Service: 07537416905</p> <p>www.anxietyuk.org.uk</p> |
| <p>Daylight</p> <p>CBT approach based app/website for managing anxiety</p> | <p>Signpost/Self-referral</p> <p>Daylight (trydaylight.com)</p> |
| <p>No Panic</p> <p>Support for sufferers of panic attacks, phobias, obsessive compulsive disorder, general anxiety disorder and tranquilizer withdrawal</p> | <p>Signpost/Self-referral</p> <p>Helpline:0844 967 4848</p> <p>Youth Helpline: 01753 840 393 (12-30 years old)</p> <p>www.nopanic.org.uk</p> |
| <p>NHS Grampian Self Help Guide for Bereavement;</p> <p>Bereavement.pdf (ntw.nhs.uk)</p> | <p>Self Management Guide</p> <p>Signpost/Self-referral</p> |

Bereavement

Bereavement
cont.

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| <p>CRUSE Bereavement Care</p> <p>Offers advice and support for those affected by bereavement. Helpline for bereaved people and carers offering support from trained volunteers</p> | <p>Signpost/Self-referral</p> <p>Helpline: 0808 808 1677</p> <p>www.cruse.org.uk</p> |
| <p>Bereavement Advice Centre</p> <p>Offers advice on all aspects of bereavement from registering the death and finding a funeral direction through to probate, tax and benefit queries.</p> | <p>Signpost/Self-referral</p> <p>Helpline: 0800 634 9494</p> <p>www.bereavementadvice.org</p> |
| <p>The Blue Cross – Pet Bereavement Support</p> <p>Offer support to those affected by bereavement of a pet</p> | <p>Signpost/Self-referral</p> <p>Tel: 0800 096 6606</p> <p>www.bluecross.org.uk/pet-bereavement-support</p> |
| <p>Child Death Helpline</p> <p>Freephone service for anyone affected by the death of a child</p> | <p>Signpost/Self-referral</p> <p>Freephone: 0808 800 6019</p> <p>www.childdeathhelpline.org.uk</p> |
| <p>The Lullaby Trust</p> <p>Offers confidential support to anyone affected by the sudden and unexpected death of a baby or young toddler. This is available immediately or at any time later.</p> | <p>Signpost/Self-referral</p> <p>Tel: 0808 802 6868</p> <p>www.thelullabytrust.org.uk</p> |
| <p>SANDS</p> <p>Sands exists to support anyone affected by the death of a baby, to improve the bereavement care received by parents and families, and to influence policy makers and promote research to reduce the number of babies dying.</p> | <p>Signpost/Self-referral</p> <p>Tel: 0808 164 332</p> <p>Email: helpline@sands.org.uk</p> <p>www.sands.org.uk</p> |

**Bereavement
cont.**

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| <p>Survivors of Bereavement by Suicide (SOBS)</p> <p>Provides helpline and support for people affected by suicide</p> | <p>Signpost/Self-referral</p> <p>Helpline; 0300 111 5065</p> <p>www.uk-sobs.org.uk</p> |
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| <p>WAY Widowed and Young</p> <p>A national charity in the UK for men and women aged 50 or under when their partner died. It's a peer- to- peer support group run by a network of volunteers who have bereaved at a young age themselves.</p> | <p>Signpost/Self-referral</p> <p>www.windowedandyoung.org.uk</p> |
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Carers

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| <p>Quarriers</p> <p>Quarriers' Carer Service provides advice and support to unpaid Adult and young Carers throughout Aberdeenshire</p> | <p>Signpost/Self-referral</p> <p>01467 538700</p> <p>Email: aberdeenshircarers@quarriers.org.uk</p> |
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| <p>Aberdeenshire Council</p> <p>Support for carers website.</p> <p>Provide useful links and contacts for adult and young carers</p> | <p>Signpost/Self-referral</p> <p>Support for carers - Aberdeenshire Council</p> |
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**Computerised
CBT**

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| <p>Silver Cloud</p> <p>Service Users access CBT treatment online via computer, tablet or mobile phone and work through the modules flexibly at their own pace</p> | <p>Signpost/Self-referral</p> <p>Programmes - SilverCloud (silvercloudhealth.com)</p> <p>Access code: Scotland2020</p> |
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Controlling Anger

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| <p>NHS Grampian Self Help Guide for Controlling Anger;</p> <p>Controlling Anger.pdf (ntw.nhs.uk)</p> | <p>Signpost/Self-referral</p> |
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| <p>British Association of Anger Management (BAAM)</p> <p>Provides training, support and information for people with anger management issues.</p> | <p>Signpost/Self-referral</p> <p>Tel: 0345 1300 286</p> <p>Email: info@angermanage.co.uk</p> <p>www.angermanage.co.uk</p> |
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Counselling,
Listening and Peer
Support.

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| <p>Penumbra WELL Aberdeenshire</p> <p>offer up to 3 support sessions to explore your current situation and plan for your own goals. Our friendly group workshops are a great place to share practical techniques and tips with others to manage your mental health. Our peer volunteer network will connect you with people locally who can share their own lived experience, and we'll support you to join in with community activities and interests</p> | <p>Signpost/Self-referral</p> <p>Email: WELL.Aberdeenshire@penumbra.org.uk</p> <p>WELL Aberdeenshire (Well Empowered Linked Locally) - Penumbra</p> |
| <p>Togetherall</p> <p>Togetherall is an online space for group peer support, that is easy to access, available 24/7 and anonymous. It is clinically safeguarded by always-active mental health professionals who are overseen by a 24/7 clinical team.</p> <p>Promoted to whole populations or by referrals made in primary care, for 15 years we have worked with NHS and public health teams to provide easy-access, instant support from real people in our community.</p> | <p>Signpost/Self-referral</p> <p>Togetherall</p> <p>Inform patient that when registering select "My area is registered"</p> |

[Counselling,](#)
[Listening and](#)
[Peer Support](#)
[cont.](#)

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| <p>The Spark</p> <p>The Spark is a leading provider of couples counselling, marriage counselling, individual counselling, youth counselling and family counselling services in Scotland. We are also the biggest provider of school-based counselling services in the country, supporting thousands of children and young people each year with counselling.</p> | <p>Signpost/Self-referral</p> <p>https://www.thespark.org.uk</p> <p>Freephone: 0808 802 2088</p> |
| <p>Aberdeen Foyer</p> <p>Aberdeen Foyer’s counselling service continues to provide support for young people and adults. Our counsellors are providing a hybrid approach to counselling offering face-to-face sessions as well as phone/online appointments.</p> | <p>Signpost/Self-referral</p> <p>www.aberdeenfoyer.com</p> <p>Email: counselling@aberdeenfoyer.com</p> <p>Tel: 01224 212924</p> |
| <p>Samaritans</p> <p>Confidential support for anyone in crisis</p> | <p>Signpost/Self-referral</p> <p>Helpline: 116 123</p> <p>Email: jo@samaritans.org</p> <p>www.samaritans.org</p> |
| <p>SANEline</p> <p>Offers practical information, crisis care and emotional support. Helpline available 6pm -11pm</p> | <p>Signpost/Self-referral</p> <p>0300 304 7000</p> |
| <p>Shout</p> <p>Shout crisis text line</p> | <p>Signpost/Self-referral</p> <p>Text “Shout” to 85258</p> |
| <p>Young Minds Crisis Messenger</p> <p>For people under 19</p> | <p>Signpost/Self-referral</p> <p>Text “YM” to 85285</p> |

[Crisis and out of](#)
[hours](#)

**Debt and
Finances**

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| <p>National Debt Line</p> <p>Help for anyone in debt or concerned they may fall into debt.</p> | <p>Signpost/Self-referral</p> <p>Tel: 0808 808 400</p> <p>www.nationaldebtline.org</p> |
| <p>Mental Health and Money Advice</p> <p>Clear, practical advice and support for people experiencing issues with mental health and money.</p> | <p>Signpost/Self-referral</p> <p><u>Clear, practical advice for Scotland : Mental Health & Money Advice (mentalhealthandmoneyadvice.org)</u></p> |
| <p>Citizen Advice Scotland</p> <p>Free independent, confidential, impartial advice, available for everyone.</p> | <p>Signpost/Self-referral</p> <p><u>Citizens Advice Scotland</u></p> |
| <p>NHS Grampian Self Help Guide on Depression</p> <p><u>Depression and Low Mood.pdf (ntw.nhs.uk)</u></p> | <p>Signpost/Self-referral</p> |
| <p>Living Life to the Full</p> <p>free online courses cover low mood, stress and resilience. People can work out why they feel as they do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. The courses are free for individuals using them in their own lives.</p> | <p>Signpost/Self-referral</p> <p><u>Living Life to the Full helping you help yourself (littf.com)</u></p> |

**Depression and
Low Mood**

**Depression and
Low Mood cont.**

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| <p>Beating the Blues</p> <p>A computerized CBT service aimed at helping those suffering from anxiety and/or depression. Programme consists of 8 one hour weekly sessions that can be completed online at the user's pace. This service costs £149 however if your GP refers you to this service and you are deemed appropriate for the criteria this service is free.</p> | <p>Signpost/Self-referral</p> <p>Online CBT Course Therapy Online Beating The Blues</p> <p>OR</p> <p>GP Referral through SCI Gateway</p> |
| <p>Bipolar UK</p> <p>Works to enable people affected by bipolar disorder to take control of their lives</p> | <p>Signpost/Self-referral</p> <p>www.bipolar.org.uk</p> <p>Tel: 0333 323 3880</p> |
| <p>Depression Alliance</p> <p>Information, support and understanding for people who suffer with depression, and for relative who want to help. Self help groups, information and raising awareness for depression.</p> | <p>Signpost/Self-referral</p> <p>www.depressionalliance.org</p> |
| <p>Depression UK</p> <p>A national mutual support group for people suffering from depression</p> | <p>Signpost/Self-referral</p> <p>www.depressionuk.org</p> |
| <p>Young Minds</p> <p>A national organisation committed to improving the mental health of all children and young people under 25</p> | <p>Signpost/Self-referral</p> <p>www.youngminds.org.uk</p> <p>Tel: 020 7089 5050</p> <p>Parent Hotline: 0808 802 5544</p> |

Eating Disorders

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| <p>NHS Grampian Self Help Guide on Eating Disorders; Eating Disorders.pdf (ntw.nhs.uk)</p> | <p>Self Management Guide Signpost</p> |
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| <p>BEAT Provides advice, support and training to individuals with eating disorders, their carers, and the professionals working in this field wherever you live in the UK</p> | <p>Signpost/Self-referral www.b-eat.co.uk Email: help@b-eat.co.uk Helpline: 0345 643 1414 (over 18) Youthline: 0345 634 7650 (under 25)</p> |
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Gambling

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| <p>NHS Inform Website Problem gambling NHS inform</p> | <p>Signpost/Self-referral</p> |
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| <p>Gam-Anon Scotland If you have a loved one with a gambling problem, support is available from Gam-Anon Scotland. The organisation has supportive, confidential meetings that are separate from Gamblers Anonymous meetings</p> | <p>Signpost/Self-referral 24 Hour Helpline 0370 050 8881 www.gamanonscotland.org</p> |
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Mindfulness

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| <p>Frantic World Free meditation and mindfulness resources</p> | <p>Signpost/Self-referral www.Franticworld.com</p> |
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| <p>Headspace A free taster of mindfulness, with an opt-in to buy further sessions</p> | <p>Signpost/Self-referral www.headspace.com Headspace APP Available on Netflix.</p> |
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| <p>Free Mindfulness A collection of free to download meditations</p> | <p>Signpost/Self-referral www.freemindfulness.org</p> |
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Obsessions and Compulsions

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| <p>NHS Grampian Self Help guide for Obsessions and Compulsions; Obsessions and Compulsions.pdf (ntw.nhs.uk)</p> | <p>Self Management Guide Signpost</p> |
| <p>OCD Action Provides support and information to anybody affected by OCD and works to raise awareness of the disorder</p> | <p>Signpost/Self-referral www.ocdaction.org.uk Email: support@ocdaction.org.uk</p> |
| <p>OCD-UK A national support group for people with obsessive-compulsive disorder</p> | <p>Signpost/Self-referral www.ocduk.org Advice line: 0845 120 3778 Email: support@ocduk.org</p> |
| <p>AGE UK Age UK's website and advice line is a free, confidential national phone service for older people, their families, friends, carers and professionals. Our team will give you information that is reliable and up to date and help you to access the advice you need.</p> | <p>Signpost/Self-referral Age UK The UK's leading charity helping every older person who needs us Tel: 0800 678 1602 Lines are open 8am-7pm, 365 days a year.</p> |
| <p>SilverLine The Silver Line Helpline is a free, 24-hour telephone service for older people across the UK. We offer friendship, conversation, and support for people aged 55 or over, especially those who may be experiencing feelings of loneliness and isolation.</p> | <p>Signpost/Self-referral The Silver Line Helpline Tel: 0800 4 70 80 90 24 hours, 7 days a week</p> |

Older Adult

Phobia

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| <p>Triumph over phobia</p> <p>Provides national network of self help groups for people with phobias or OCD</p> | <p>Signpost/Self-referral</p> <p>Tel: 01225 571 740</p> <p>Email; info@topuk.org</p> <p>www.topuk.org</p> |
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Post-natal Depression

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| <p>NHS Grampian Self Help Guide for;</p> <p>Postnatal Depression.pdf (ntw.nhs.uk)</p> | <p>Self Management Guide</p> <p>Signpost</p> |
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| <p>Action on postpartum psychosis (APP)</p> <p>Information and support for anyone who's experience postpartum psychosis, including a peer support network and an online forum</p> | <p>Signpost/Self-referral</p> <p>www.app-network.org</p> |
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| <p>Association for Post Natal Illness (APNI)</p> <p>For women who are experiencing depression following the birth of their baby.</p> | <p>Signpost/Self-referral</p> <p>www.apni.org</p> <p>Tel: 0207 386 0868</p> |
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| <p>Birth Trauma Association</p> <p>Support for women who have experienced traumatic childbirth, and their partners</p> | <p>Signpost/Self-referral</p> <p>Home - Birth Trauma Association</p> |
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Prisoners

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| <p>NHS Grampian Self Help Guide for Prisoners;</p> <p>Prisoner Anxiety.pdf (ntw.nhs.uk)</p> <p>Prisoner Depression and Low Mood.pdf (ntw.nhs.uk)</p> <p>Prisoner Post Traumatic Stress.pdf (ntw.nhs.uk)</p> | <p>Self Management Guide</p> <p>Signpost</p> |
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**Trauma and Post
Traumatic Stress**

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| <p>NHS Grampian Self Help Guide for; Post traumatic Stress.pdf (ntw.nhs.uk)</p> | <p>Self Management Guide Signpost</p> |
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| <p>Assist Trauma Care A support organisation for people suffering from PTSD</p> | <p>Helpline: 01788 560 800 ASSIST Trauma Care Working together from trauma to recovery</p> |
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Relationships

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| <p>Relate Help with marital or relationship problems</p> | <p>Signpost/Self-referral Helpline: 0300 100 1234 www.relate.org.uk</p> |
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| <p>The Spark The Spark is a leading provider of couples counselling, marriage counselling, individual counselling, youth counselling and family counselling services in Scotland. We are also the biggest provider of school-based counselling services in the country, supporting thousands of children and young people each year with counselling.</p> | <p>Signpost/Self-referral https://www.thespark.org.uk Freephone: 0808 802 2088</p> |
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Relaxation

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| <p>NHS Cumbria, Northumberland, Tyne and wear relaxation techniques Audio files of relaxation techniques that can help relieve stress and gain a sense of wellbeing. Available in both male and female voices.</p> | <p>Signpost/Self-referral https://www.thespark.org.uk Freephone: 0808 802 2088 Relaxation techniques - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (cntw.nhs.uk)</p> |
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Self-Harm

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| <p>NHS Grampian Self Help Guide for; Self-Harm.pdf (ntw.nhs.uk)</p> | <p>Signpost/Self-referral</p> |
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Self-Harm cont.

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| <p>National Self Harm Network</p> <p>An online support forum providing crisis support, information and resources, advice, discussions and distractions</p> | <p>Signpost/Self-referral</p> <p>www.nshn.co.uk</p> | |
| <p>Self Injury Support</p> <p>A national organisation that supports girls and women in emotional distress who harm themselves. Support services available Monday to Friday 7pm-9pm</p> | <p>Signpost/Self-referral</p> <p>Email and Text Support Service: 0780 047 2908 (for girls and women up to 24 years old)</p> <p>Self Injury Helpline: 0808 800 8088</p> | |
| <p><u>Self Help</u></p> | <p>NHS Grampian Self Help Guides</p> <p>Free online Self help guides</p> | <p>Self Management guides</p> <p>NHS Grampian - Self Help Guides (ntw.nhs.uk)</p> |
| <p>Centre for Clinical Interventions</p> <p>Provide Free online resources to help people overcome mental health issues</p> | <p>Self management guides</p> <p>Signpost</p> <p>CCI - Anxiety, Depression, Bipolar & Eating Disorders - Perth (health.wa.gov.au)</p> | |
| <p><u>Sleeping Problems</u></p> | <p>NHS Grampian Self Help guide for;</p> <p>Sleeping Problems.pdf (ntw.nhs.uk)</p> | <p>Signpost/Self-referral</p> |
| <p>Sleepio</p> <p>6 week clinically proven programme to treat insomnia</p> | <p>Signpost/Self-referral</p> <p>Onboarding Sleep Test - Sleepio</p> | |
| <p>SilverCloud – Space for Sleep</p> <p>This course uses CBT (cognitive behavioural therapy) methods and lifestyle advice to help you sleep better and more easily. Has interactive exercises, diaries and calendars, and practical techniques to improve your sleep</p> | <p>Signpost/Self-referral</p> <p>Programmes - SilverCloud (silvercloudhealth.com)</p> <p>Access Code: Scotland2020</p> | |

Stress

Suicide

Veterans

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| <p>The Sleep Charity</p> <p>Offers advice and information to deal with most sleep issues and ensure everyone understands the value of a good night's sleep.</p> | <p>Signpost/Self-referral</p> <p>Home - The Sleep Charity</p> |
| <p>NHS Grampian Self Help Guide for;</p> <p>Stress.pdf (ntw.nhs.uk)</p> | <p>Signpost/Self-referral</p> |
| <p>International Stress Management association</p> <p>Provides information about recognising and reducing stress</p> | <p>Signpost/Self-referral</p> <p>Home ISMA Stress Management Association</p> |
| <p>SAMH – Suicide Prevention</p> <p>Self help guides for managing suicidal thoughts and feelings</p> | <p>Signpost/Self-referral</p> <p>Suicide Prevention SAMH</p> |
| <p>Prevent Suicide Northeast Scotland</p> <p>Website and App providing information and safety planning for those with suicidal thoughts.</p> | <p>Signpost/Self-referral</p> <p>Prevent Suicide Northeast Scotland - App and Website (preventsuicideapp.com)</p> |
| <p>Samaritans</p> <p>24 hour helpline for those requiring support with their mental health and suicidal thoughts.</p> | <p>Signpost/Self-referral</p> <p>Samaritans Every life lost to suicide is a tragedy Here to listen</p> <p>Tel: 116 123</p> |
| <p>Combat Stress</p> <p>This service provides support for people with mental health issues related to military experiences.</p> | <p>Signpost/Self-referral</p> <p>24 hour Helpline 0800 138 1619</p> <p>Text: 07537404719</p> <p>Email: combat.stress@rethink.org</p> <p>http://www.combatstress.org.uk</p> |
| <p>ASAP (Armed Services Advice Project)</p> | <p>Signpost/Self-referral</p> <p>Tel: 0808 800 1007 (Mon-Fri 9am-5pm)</p> |

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| <p>Practical support for people affected by military experiences and who wish help with housing, debt, benefits, work issues and/or relationships.</p> | <p>Email: ASAP@citizensadvice.org.uk http://www.asapadvice.org.uk</p> |
| <p>Veterans First Point</p> <p>Scottish Veterans are able to access support from an NHS veteran specific mental health and well-being provider Veterans First Point (V1P). V1P has locations in Tayside, Lothian, Ayrshire & Arran, Lanarkshire, Fife and the Scottish Borders. V1P can be contacted at Veterans First Point on 0131 220 9920. V1P is a service designed by veterans for veterans. It works in partnership to meet the needs of veterans whatever they may be. If veterans would like to speak to someone who has also been in the services, V1P employ peer support workers who are able to help veterans and their family members get appropriate help.</p> | <p>Signpost/Self-referral</p> <p>TEL: 0131 220 9920. Welcome to Veterans First Point Veterans First Point</p> |

NHS Approved Self-Management Apps

Helpful Apps to support with Mental Health and Wellbeing

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|  #StayAlive | <p><u>StayAlive</u>- suicide prevention, safety planning and crisis support (free)</p> |  CALM HARM | <p><u>Calm Harm</u>- manage and resist urges to self-harm (free)</p> |
|  | <p><u>SAM</u>- guided self-help for anxiety management (free)</p> |  | <p><u>Breethe</u> – guided self help for sleep and anxiety</p> |
|  HEADSPACE | <p><u>Headspace</u>- guided mindfulness meditations (1st 10 sessions free). Also available on Netflix</p> |  | <p><u>Smiling Mind</u> – Guided mindfulness for all age groups (free)</p> |
|  | <p><u>What's Up?</u> – CBT informed relaxation and grounding techniques for depression and anxiety (free)</p> |  | <p><u>The Decider Skills App</u> –Decider skills are CBT skills that help us tolerate distress, be more mindful, manage our emotions and improve communication</p> |
|  | <p><u>Calm</u> -sleep and stress management with relaxation sounds and exercises (free)</p> |  | <p><u>Catch It</u>- CBT mood monitoring diary (free)</p> |
|  | <p><u>Daylight</u> - provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice, and animation (free)</p> |  | <p><u>Sleepio</u> - clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep (free)</p> |
|  | <p><u>Prevent Suicide</u> - provides helpful info for those affected in any way by suicide, extensive contact details for services in Aberdeen city and Aberdeenshire as well as providing users with the ability to create their own safety plan (free)</p> |  | <p><u>Student Health App</u> – To reduce your worries, feel more confident and get the support you need at what can be a challenging time as a student (free)</p> |



Silver Cloud – Eight-week course to help you manage your stress, anxiety and depression at your own pace (free). Access code:

Scotland2020



DistrACT – Easy, quick and discreet access to information and advice about self-harm and suicidal thoughts (free)



Mindshift- strategies for anxiety and sleep with relaxation (free).

Staffed Services available across Aberdeenshire

Out of Hours Emergency Service

Our Out of Hours Emergency Service helps anyone experiencing personal or family problems that reach a crisis at nights, weekends or bank holidays. We provide an emergency social care service in situations that can't wait until the social work offices reopen.

Calls are screened by experienced staff who will prioritise those referrals that are emergencies, and pass on other referrals to daytime services.

When necessary, out of hours emergency service staff will visit you in your own home, in hospital, at a police station or at another relevant location.

This service is available from 5pm to 9am, weekdays and all weekend. The office isn't staffed after midnight. But if your call is an emergency you will be put through to someone.

Tel: 0345 608 1206

Pillar (Kincardine area only)

Pillar Kincardine is a local Mental Health organisation whose mission is to improve the lives of adults living in Kincardine and Mearns who are seeking help to cope with emotional, social or mental health challenges.

Call - 01569 767222 office hours Monday - Friday 9am – 4pm

<http://www.pillarkincardine.co.uk>

Networks of Wellbeing (Huntly Area)

Networks of Wellbeing (NoW) is an inclusive and diverse organisation which promotes and supports people in improving their mental health and wellbeing.

Based in Huntly in Aberdeenshire, NoW offers a community based service centred around the [Five Ways to Wellbeing](#) approach to good mental health.

www.networksofwellbeing.org

Tel: 01466 793732

Email: info@networksofwellbeing.org

Penumbra - WELL Aberdeenshire

Offer up to 3 support sessions to explore an individual's current situation and plan for their own goals. Friendly group workshops are a great place to share practical techniques and tips with others to manage an individual's mental health. Peer volunteer network will connect individuals with people locally who can share their own lived experience, and support individual to join in with community activities and interests

[WELL Aberdeenshire \(Well Empowered Linked Locally\) - Penumbra](#)

Self-referral - Email: WELL.Aberdeenshire@penumbra.org.uk

Community Chaplaincy Listening Service

The Listening service provides a safe, confidential space, free from judgement by our trained CCL listeners, for you to speak about whatever is causing you anxiety, or just making you feel low, and generally getting in your way of both your health and wellbeing.

**Only Available; Alford GP Practice , Maud Community Trust (open to patients registered with Central Buchan and Aden Practices, Haddo Medical Group, Aboyne Hospital , Skene Medical Group, Portlethen Medical centre, Ellon Medical Group, Inch Medical Practice, Bydand Medical Group, Inverurie Medical Practice*

To make an appointment ask the GP receptionist for an appointment with the listening service.

Specialist Link Worker Service

Money advice and welfare officers linked to GP practices based on Scottish index of multiple deprivation.

**Only Available to Turriff, Peterhead, Mintlaw, Hatton, Cruden Bay, Crimond, Central Buchan, Inverurie, Laurencekirk, Auchenblae, Huntly and Inch.*

Referral within GP practice.

Crisis Intervention Team (Aberdeenshire North Only)

The team will undertake a Mental Health Assessment and will Provide support for a short period of time to undertake a specific intervention. Thereafter, signpost patients to the most appropriate service to meet their needs.

The Crisis Intervention Team does not operate 24/7 and referral required by GP via SCI Store

Mental Health Improvement & Wellbeing Service

The Mental health Improvement and Wellbeing Service covers the whole of Aberdeenshire. Will accept referrals for all Mental Health and Wellbeing issues, including advice, information, and social issues.

This can include:

- Financial advice, budgeting support and information
- Housing support advice and information
- Managing and understanding mental and physical health and wellbeing
- Access to community services, groups, and activities
- Signposting for education, volunteering, and employment opportunities
- Social and community integration and lifestyle choices
- Exploring existing networks and supports to maximise outcomes
- Developing and managing positive habits and routines
- Holistically supporting and facilitating positive life changes

The only specific requirements are that the referrals are for adults 16+ (No upper age limit), that they DO NOT meet Secondary Care Mental Health Criteria (as in are stable and well enough to engage with support from our service and are not open to Secondary Care already), and that the Client is both aware and consenting to the referral being made.

www.nhsgrampian.org/service-hub/mental-health-improvement-wellbeing-service-aberdeenshire/

Referral by GP via SCI Store or Self-referral to gram.mhiwself@nhs.scot.

Aberdeenshire Primary Care Psychological Therapies Service

This service works across all Aberdeenshire GP practices, offering support for individuals to help treat and manage a range of common mental health problems such as:

- Anxiety: Panic Disorder – Social Anxiety – Health anxiety – OCD – Phobias – PTSD
- Depression
- Mental Health difficulties arising from long-term health conditions

The service does not accept referrals to individuals who are open secondary care services.

In total we have a team of 25 staff working in this service consists of a wide range of mental health practitioners including Clinical and Counselling Psychologists, Psychological Therapists and Wellbeing Workers, who can offer one to one and group interventions.

Wellbeing Workers offer low intensity input, often involving supporting individuals with self-help materials and signposting to other services. They use Cognitive Behavioural Therapy (CBT) based skills and interventions.

Our Psychological Therapists deliver high intensity, evidence-based CBT therapy, to individuals with a wide range of mild to moderate mental health difficulties on a 1:1 basis at Tier 2 offering up to 12 sessions

Clinical and Counselling Psychologists, deliver up to 20 sessions of evidence-based 1:1 therapy drawing from a number of psychological approaches that include CBT. This level, Tier 3, can include the more severe, complex or entrenched cases suffering common mental health disorders but the majority of cases are complex PTSD. Referrals to Tier 3 can come straight from GP's or are stepped up internally by the other tiers.

Referral by GP via Sci Gateway

Community Adult Mental Health Service

The Community Mental Health Team is a secondary care service. A GP/Other professional's referral can be made to our service. If we are unable to provide a support service, we can offer guidance on other appropriate community resources that may be able available. The service is available to any adult, who lives in Aberdeenshire and who is experiencing Mental Health difficulties. The individual may be at risk of significant harm, neglect, distress or loss of independence. A person's eligibility for services is decided following a formal assessment of their care needs and priority level.

Referral by GP via Sci Gateway

Community Older Adult Mental Health Services

The Older Adult MH team is a secondary care mental health service. GP's/other professional's referral can be made to our service via the SCI platform. The team consists of psychiatrists, mental health nurses, occupational therapists, and support worker staff. Teams support people over the age of 65 who are experiencing a severe and enduring Functional mental health condition for example Depression, Bi-polar affective disorder, Anxiety, Schizophrenia. There is also a separate specialist outreach team who provide support and advice for patients with a diagnosis of a Dementia, providing support and advice to patients and their family/carers. Both teams work closely with third sector partners and care management teams to ensure person centred care.

Once a referral has been screened and the eligibility determined, an allocated worker will be appointed who will initiate contact with the individual and the referrer. Our work is based on a recovery focused model where such intervention includes supporting people to achieve their goals through a variety of resources including: One to one support, Therapeutic group activities, providing educational information on managing symptoms, monitoring prescribed medications and signposting to relevant support services.

Referral by GP via Sci Gateway

Child and Adolescent Mental Health Services

Provide assessment and treatment to young people with emotional, behavioural or mental health difficulties. Covers all of NHS Grampian.

CAMHS support covers depression, problems with food and eating, self-harm, abuse, violence or anger, bipolar disorder, schizophrenia and anxiety, among other difficulties.

Referral by GP via Sci Gateway

Aberdeenshire Community Learning Disability Team

The service is only able to accept referrals for those individuals who have a diagnosed Learning Disability. The phrase Learning Difficulties can often cause confusion, but this term more commonly relates to a specific learning impairment such as dyslexia and dyscalculia.

There are specialised health services for people with learning disabilities, via an inpatient service – 2 wards based at Royal Cornhill Hospital - and an acute liaison nurse working within ARI. The community-based teams are managed by the Health and Social Care Partnerships that cover Aberdeen, Aberdeenshire and Moray respectively.

Referral by GP via Sci Gateway