



www.clearyourhead.scot

Clear Your Head is a website-based self-help tool.



Rape and Sexual Abuse Service Highland (RASASH) provides free, confidential, person centred emotional and practical support, and information and advocacy for survivors of sexual violence and abuse.

<http://www.rasash.org.uk/>

Tel: 03330 066909

Breathing Space is a free and confidential phone line service.

Mon-Thurs 6pm-2am, Fri 6pm - Mon 6am (lines open 24hrs at weekends)

Tel: 0800 83 85 87

<https://breathingspace.scot/>



Samaritans offers 24-hour confidential emotional support service - free from mobiles as well as landlines.

Tel: 116 123

<https://www.samaritans.org>

The Living Life service offers support to people in Scotland through guided self-help and cognitive behavioural therapy. You can access the service by referring yourself for an assessment by phoning 0800 328 9655 (Monday to Friday: 1pm - 9pm).



<https://www.nhs24.scot/our-services/living-life>



Combat Stress is a veteran's mental health charity.

Helpline: 0800 138 1619

<https://www.combatstress.org.uk>



CALM runs a free helpline and webchat, 7 hours a day, 7 days a week.

<https://www.thecalmzone.net/about-calm/what-is-calm/>

Tel: 0800 585858

SKYE AND LOCHALSH CLUSTER IS NOT RESPONSIBLE FOR THE CONTENT OF THESE WEBSITES

MENTAL HEALTH WEBSITES AND APPS

This leaflet lists a number of useful self-help websites, apps and phone numbers.



Calm Harm is an app designed to help people resist or manage the urge to self-harm

Download the app from their website:
<https://calmharm.co.uk/>

Living Life to the Full has online courses covering low mood, stress and resiliency. It's CBT based.

<https://lltff.com/>

Living Life



Confidential support for those in emotional distress, mental health issues and/or in crisis.

A text service is available (SMS, Facebook, Messenger, webchat and Twitter) as well as a drop-in support centre in Inverness, The Hive.

<https://www.mikeysline.co.uk/>

Text: 07786 20 77 55



Counselling Care (Inverness & Lochalsh) is a Scottish Charitable Incorporated Organisation No. SC022221

Counselling Care offers face-to-face counselling locally. There may be a means tested fee for this service.

If you wish to refer yourself for this service, contact Karen Haddow, Referral Co-ordinator, on karen@counsellingcaresl.org or on 07979 081 367.

<https://counsellingcaresl.org/>



NHS Inform offers steps to deal with stress. The website has a leaflet with useful advice for reducing stress and staying relaxed. There's also an audio breathing and relaxation playlist.

<https://www.nhsinform.scot/healthy-living/mental-wellbeing/stress/breathing-and-relaxation-exercises-for-stress>



• Psychotherapy • Research • Training

Centre for Clinical Interventions is an Australian website. It has a useful set of modules/worksheets on different types of problems – for example: anxiety, bipolar, body dysmorphia, depression, perfectionism, procrastination, self-esteem, sleep, worry and rumination.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

From Cumbria, Northumberland Tyne and Wear NHS Foundation Trust – an award winning wide range of self help guides – for example: anxiety, controlling anger, obsessions and compulsions, self harm, sleeping problems, alcohol, depression. It's CBT based.

<https://web.ntw.nhs.uk/selfhelp/>

It's also available as an app.

NHS Highland now offers the following online CBT courses:



Discuss with your GP if you would like to be referred.



Headspace is an interactive app and website with a meditation and mindfulness approach. It offers a free trial, but then a subscription is required.

<https://www.headspace.com/>



Prevent Suicide Highland is an app with useful contact numbers and resources. It includes a facility to create your own safety plan.

Where to find the app:

<https://itunes.apple.com/gb/app/prevent-suicide-highland/id1436026798?mt=8>

<https://play.google.com/store/apps/details?id=com.faf.digital.PSHighland>