



MENTAL HEALTH RESOURCES

November, 2020

- The Scottish Women's Convention -

WOMEN AND MENTAL HEALTH

Resources for Women

Here at the Scottish Women's Convention, we've compiled some of the main resources regarding women's mental health. We want to highlight the impacts of mental health and promote the specific needs of all women.

We recognise, however, that everyone has different individualised needs and there is no one solution. This information has been brought together thanks to the contributions of many women. If you think there is something which would be a helpful addition, please let us know!

National Resources

[ALiSS \(A Local Information System for Scotland\)](#)

Search engine for services, groups and activities in your postcode:

<https://www.aliss.org/>

[Beat Eating Disorders](#)

Charity supporting those affected by eating disorders:

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

[Bipolar UK](#)

Organisation dedicated to supporting individuals, their families and carers with this condition:

www.bipolaruk.org.uk

[Breathing Space](#)

Free confidential, phone service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety

<http://breathingspace.scot/> (Or call: 0800 83 85 87)

[Clearyourhead.scot](#)

National campaign to help people cope during Covid-19

<https://clearyourhead.scot/>

[Cope \(Caring Over Peoples Emotions\) Scotland](#)

Organisation led by people with real lived experiences of mental distress and health inequalities, including online materials and workshops:

<http://www.cope-scotland.org/>

[Cruse Bereavement Care Scotland](#)

National bereavement care charity:

<http://www.crusescotland.org.uk/> (Or phone: 0844 477 9400)

Distress Brief Intervention

Nationwide response to people presenting in distress to the Mental Health Hub at NHS24 during the Covid pandemic . This service has now been extended to at least 2024:

<https://www.dbi.scot/>

Heads Up

Provides advice, and information, on mental health conditions - how you can support yourself or the people you care for, the services available and a range of interventions:

<http://www.headsup.scot/>

Health in Mind

Promoting positive mental health and provides a wide range of services and courses to support people and enable them to make a positive difference in their lives:

<https://www.health-in-mind.org.uk/>

Living Life

Offers support to people in Scotland through guided self-help and cognitive behavioural therapy:

<https://www.breathingspace.scot/living-life/> (You can access the service by referring yourself for an assessment by phoning 0800 328 9655)

The Mental Health Foundation

National mental health charity which aims to find and address the sources of mental health problems:

<https://www.mentalhealth.org.uk/scotland>

National Wellbeing Hub

Resources for people working in health and social care:

<https://www.promis.scot/>

NHS Inform—Mental Wellbeing

Advice on dealing with low mood, anxiety, stress and where you can get help:

<https://www.nhsinform.scot/healthy-living/mental-wellbeing>

NHS Inform Scotland Services Directory

Find the addresses and other details of thousands of health and wellbeing services throughout Scotland:

<https://www.nhsinform.scot/scotlands-service-directory>

No Panic

National charity which helps people who suffer from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders:

<https://nopanic.org.uk>

OCD UK

National charity for Obsessive Compulsive Disorders:

www.ocduk.org (Or call: 0845 120 3778)

Penumbra

Scottish mental health charity whose website includes information, resources and services:

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

PETAL Support

Organisation providing counselling for people experiencing trauma and loss, resources now include Covid-19 bereavement counselling:

<http://www.petalsupport.com/>

RAMH

Provides professional care and services to those affected by mental ill health, depression, self harm, bipolar disorder, anxiety and other conditions:

<https://ramh.org/>

Royal College of Psychiatrists

Information on mental health written by psychiatrists: with help from patients and carers:

<https://www.rcpsych.ac.uk/mental-health>

Samaritans

National charity providing emotional support:

<https://www.samaritans.org/samaritans-in-scotland/> (Or call the 24 hr helpline: 116 123)

SAMH (Scottish Association for Mental Health.)

Operating in communities to provide a range of mental health support and services:

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

SANE

Leading UK mental health charity working to improve the quality of life for anyone affected by mental illness:

<http://www.sane.org.uk/home>

See Me Scotland

Scotland's programme to end mental health stigma and discrimination:

<https://www.seemescotland.org/>

Self Injury Support

UK-wide self-harm & self-injury charity offering support and information, including support for women & girls affected by self-injury, trauma and abuse:

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

Suicide Bereavement UK

Organisation conducting research to better understand the experiences of those bereaved or affected by suicide and improve care. Features information, studies and resources:

<https://suicidebereavementuk.com/>

Time Out Scotland

Peer support group for people with mental ill health:

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

Victim Support

Charity providing support and information to people affected by crime and campaigning for victim and witness rights:

<https://victimsupport.scot/> (Or call: 0808 168 9111)

We Are With You Scotland

Provides free, confidential support to people experiencing issues with drugs, alcohol or mental health:

<https://www.wearewithyou.org.uk/about-us/we-are-you-scotland/>

Carers

Alzheimer's Society

Care and research charity for those with Alzheimer's and their carers:

www.alzheimers.org.uk (Or call: 0300 222 1122)

Care Information Scotland

Information and Advice for carers, including where to find your local carer's centre:

<http://www.careinfoscotland.scot/>

Carers Scotland

Advice, information and support for carers:

<https://www.carersuk.org/scotland>

National Wellbeing Hub:

Resources for people working in health and social care, as well as unpaid carers:

<https://www.promis.scot/resource/unpaid-carers>

Resources for Ethnic Minority Women

Rethink Mental Illness

Resources and information regarding issues relating to mental health for individuals from a minority ethnic background, including options for support and treatment and how to get help to resolve any specific issues:

<https://www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/black-asian-and-minority-ethnic-mental-health/>

Saheliya

Specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls in the Edinburgh and Glasgow area:

www.saheliya.co.uk (Or phone: Edinburgh 0131 556 9302 / Glasgow 0141 552 6540)

The Mental Health Foundation

Details of mental health stigma and concerns for ethnic minority communities:

<https://www.mentalhealth.org.uk/a-to-z/b/black-asian-and-minority-ethnic-bame-communities>

LGBT+ Resources

LGBT Health

Organisation working to improve the health, wellbeing and equality of lesbian, gay, bisexual and transgender people in Scotland by providing support services, social events and resources:

<https://www.lgbthealth.org.uk/> (Or phone: 0300 123 2523)

LGBT Youth Scotland

Scotland's national charity for LGBTI young people, working with 13–25 year olds across the country:

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

See Me

Resources and Information including tackling mental health stigma and discrimination from an LGBT perspective:

<https://www.seemescotland.org/movement-for-change/get-involved/partner-with-us/communities/lgbt-health-and-wellbeing/>

Resources for Older Women

Age Scotland

Resources including guides regarding mental health and keeping well:

<https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/mental-health-and-wellbeing/>

The Silverline

Free, confidential telephone helpline offering information, friendship and advice to older people in the United Kingdom:

<https://www.thesilverline.org.uk/> (Or phone: 0800 4 70 80 90)

Support in Mind Scotland

Information for continuity of support as people reach older age:

<https://www.supportinmindscotland.org.uk/older-people-and-mental-illness>

World Health Organisation

Information regarding older individuals and mental health:

<https://www.who.int/news-room/fact-sheets/detail/mental-health-of-older-adults>

Resources for Parents and Carers

Children 1st Parentline

Service for parents who feel they may be struggling:

<https://www.children1st.org.uk/help-for-families/parentline-scotland/> (Or phone: 08000 28 22 33)

Family Lives (Parentline Plus)

Parenting and family support with advice on many aspects of parenting, including dealing with bullying:

<https://www.familylives.org.uk/> (Or phone: 080 800 2222)

Respect Me

Scotland's anti-bullying service funded by the Scottish Government and managed by SAMH in partnership with LGBT Youth Scotland:

<https://respectme.org.uk/>

YoungMinds

Charity fighting for children and young people's mental health, including a section with information and resources for parents:

<https://youngminds.org.uk/find-help/for-parents/> (Or phone the Parents' Helpline: 0808 802 5544)

Resources for Perinatal Mental Health

Maternal Mental Health Scotland

Provides information to women affected by perinatal mental health issues, their partners, families and the general public:

<https://maternalmentalhealthscotland.org.uk/>

NHS Greater Glasgow & Clyde Perinatal Mental Health Service

Scotland's first specialist perinatal mental health inpatient and community service for mothers, babies and their families. Contains information and resources regarding maternal mental health:

<https://www.nhsggc.org.uk/your-health/health-services/mental-health-services/other-services/west-of-scotland-mother-and-baby-unit/maternal-mental-health-information/>

Perinatal Mental Health Network Scotland

Nationally managed clinical network for perinatal mental health:

<https://www.pmhn.scot.nhs.uk/>

Ready Steady Baby!

Guide to pregnancy, labour, birth and early parenthood up to 8 weeks:

<https://www.nhsinform.scot/readysteadybaby>

Violence Against Women & Girls Resources

Rape Crisis

Provides a national rape crisis helpline and email support for anyone affected by sexual violence, no matter when or how it happened:

<https://www.rapecrisisscotland.org.uk/> (Or phone: 08088 01 03 02)

The Rosey Project

Support and prevention programme for young people at Glasgow Rape Crisis, providing education to young people aged 13-25:

<https://www.roseproject.co.uk/> (Or phone: 08088 00 00 14)

Scottish Women's Aid

Leading national domestic abuse organisation in Scotland:

<https://womensaid.scot/>

Young People & Children's Resources

Aye Mind

Service which has worked in collaboration with young people to develop a range of digital resources and approaches to promoting young people's mental health:

<http://ayemind.com/>

Place2Be

Provides mental health counselling, support and training to schools to improve the emotional wellbeing of pupils, families, teachers and staff, includes resources for parents and carers:

<https://www.place2be.org.uk/>

Public Health Scotland

Advice for Children and Young People's Mental Health:

<http://www.healthscotland.scot/health-topics/mental-health-and-wellbeing/children-and-young-peoples-mental-health>

Respect Me

Scotland's anti-bullying service, funded by the Scottish Government and managed by SAMH in partnership with LGBT Youth Scotland:

<https://respectme.org.uk/>

Stem4

Organisation supporting teenage mental health, including information and resources:

<https://stem4.org.uk/>

TalkTime Scotland

Provides free counselling and emotional support to young people aged 12-25 with a physical disability and long term health conditions living in Scotland:

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

Think Positive

Scotland's student mental health project, hosted by NUS Scotland, which aims to find ways to support students experiencing mental ill health, tackle stigma and discrimination, and promote wellbeing in colleges and universities across Scotland:

<https://www.thinkpositive.scot/>

YoungMinds

Charity fighting for children and young people's mental health:

www.youngminds.org.uk

Young Scot

National information and citizenship organisation supported by the Scottish Government for young people aged 11-26 in Scotland:

<https://young.scot/>

Thank You!

The Scottish Women's Convention would like to thank all women who contributed to our Conferences on Mental Health, our resources and all the work undertaken by the SWC.

SWC CONTACT DETAILS

2nd Floor, The Albany Centre

44 Ashley Street, Glasgow

G3 6DS

Tel: 0141 339 4797

Please note our staff are working from home in current circumstances.

www.scottishwomensconvention.org

Facebook, Instagram & Twitter: @SWCWomen

Scottish Women's Convention is a charitable company limited by guarantee. Registered in Scotland No. SC0327308.

Registered office The Albany Centre, 2nd Floor, 44 Ashley Street. Glasgow G3 6DS.

The Scottish Women's Convention is a Charity Registered in Scotland, No. SC0398525