

1) Anchor therapeutic resources

Moodjuice: <http://www.moodjuice.scot.nhs.uk>

STEPS Primary Care Mental Health Team: <http://glasgowsteps.com>

This team has also designed a booklet for those experiencing flashbacks, nightmares and intrusive thoughts as a result of complex trauma.

Please phone (0141) 232 0114 if you would like to request a copy.

2) NHS Greater Glasgow & Clyde Mental Health Crisis Centre

Phone: 0845 650 1730

3) Breathing Space

Phone: 0800 83 85 87

This is a free, confidential phone service which you can call when you are feeling stressed or down. It is open from early evening until 2am and can offer help, advice and information as well as a listening ear.

4) Royal College of Nursing

Personal problems such as stress, depression, anxiety, bereavement, relationship breakdown, domestic violence, and low self esteem. Work related difficulties such as, bullying and harassment, managing your workload, dealing with work errors, manager/supervisor relationships, and adjusting to new responsibilities.

Make an appointment:

Call RCN on: **0345 772 6100** 8.30am - 8.30pm, 7 days a week, 365 days a year. The counselling service operates over the telephone, so that you can access counselling at a time that suits you. One of our counsellors will phone you at an agreed time, so the RCN pays for the call. During your first appointment, the counsellor will establish what help you need, and arrange further contact if required.

If you feel unable to call, there is also an online referral system:

<https://www.rcn.org.uk/get-help/member-support-services/counselling-service>

5) Promoting Positive Workplace Relationships

<https://www.rcn.org.uk/get-help/rcn-advice/promoting-positive-workplace-relationships>

6) Bullying & Harassment

<https://www.rcn.org.uk/get-help/rcn-advice/bullying-and-harassment>

7) Royal College of Nursing General Help & Advice on a whole range of personal and work related issues@

<https://www.rcn.org.uk/get-help/rcn-advice>

8) Anxiety

www.anxietyuk.org.uk

Phone: 08444 775 774 (Mon - Fri 9.30am-5.30pm)

9) For those with manic depression/bipolar disorder

www.bipolaruk.org.uk

10) Campaign against living miserably for men aged 15-35 yo

www.thecalmzone.net

11) Mind

Promotes the views and needs of people with mental health problems

Phone: 0300 123 3393 (Mon-Fri 9.00-1800)

12) No Panic

Voluntary Charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobia/OCD. Includes a helpline.

Phone: 0844 967 4848 (1000 - 2200)

www.nopanic.org.uk

13) POPYRUS

Young Suicide Prevention Society

Phone HOPElineUK 0800 068 4141 (Mon-Fri 1000-1700, & 1900-2200. Weekends 1400-1700.)

www.papyrus-uk.org

14) Rethink Mental Illness

Support and Advice for people living with mental illness.

Phone: 0300 5000 927 (Mon-Fri 09.30-1600)

www.rethink.org

15) Samaritans

Free, confidential support line: 116 123 (free 24 hour helpline)

16) SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (0430-2230)

www.sane.org.uk/support

www.sane.org.uk/supportforum (peer support forum)

17) Alcoholics Anonymous

Phone: 0845 769 7555 (24 hour helpline)

www.alcoholics-anonymous.org.uk

18) Gamblers Anonymous

www.gamblersanonymous.org.uk

19) Bereavement

Cruse Bereavement Care

Phone: 0844 477 9400 (Mon-Fri 0900-1700)

20) Crime Victims

Rape Crisis - contact: 0808 802 9999 (1200-1430; 1900-2130)

www.rapecrisis.org.uk

