

BOROUGHLOCH MEDICAL PRACTICE

MEDICS ON THE MEADOWS

Social prescribing - linking patients to non-medical support in their community.

MENTAL HEALTH

USEFUL WEBSITES

www.edspace.org.uk - Edspace - This is the main mental health website for Edinburgh. It contains lots of helpful information and links to self-help resources and information about local events, organisations and counselling agencies.

www.lttf.com - Living Life to the Full – Free online cognitive behavioural therapy for depression and anxiety. A life skills course that aims to teach how to tackle the demands we meet in our everyday lives.

www.moodgym.anu.edu.au - Mood Gym – Free online cognitive behaviour therapy course to learn how to prevent and cope better with symptoms of anxiety and depression.

www.moodjuice.scot.nhs.uk - Mood Juice - Online help for a range of emotional problems and guides you can print out including anxiety, depression, self esteem, sleep, anger.

www.glasgowspcmh.org.uk - Free online self help for a range of issues including depression, anxiety, self esteem, sleep, anger. It also has audio podcasts and video downloads which are available in English, Urdu and Polish.

www.staffordcentre.org.uk – The Stafford Centre (Broughton Street) is a community resource for people experiencing mental health difficulties living in the Edinburgh area. The Centre operates as a Drop-In where people can enjoy the company of others in a relaxed, friendly and safe environment and begin to build supportive networks. They have a Snack Bar serving home-made soup, lunches and a variety of snacks, tea, coffee etc., all at reasonable prices. Some Centre users help by volunteering behind the counter.

EXERCISE COURSE – HEALTHY ACTIVE MINDS THROUGH EDINBURGH LEISURE

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For those with mild to moderate low mood, anxiety and depression.

A physical activity programme which aims to help you improve your mental well being. A 12 week physical activity action plan will be agreed along with one to one consultation and support from specialist project staff. A free Edinburgh Leisure card will entitle you to free access to swim, gym and fitness class visits at off peak times, for a 12 week period in Edinburgh Leisure facilities. Discounted leisure card prices apply at other times and for other Edinburgh Leisure activities. A programme will be developed to suit your lifestyle and needs, and can incorporate different forms of physical activity. Your options include, but are not limited to, walking, swimming, gardening, gym and fitness classes.

Speak to your GP about a referral if you are interested.

TELEPHONE BASED HELP

Living Life - for help with low mood, mild to moderate depression and anxiety.

Cognitive Behavioural Therapy – working with a qualified therapist through a series of 6-9 telephone sessions. Guided Self Help – speaking with a self-help coach who guides you through a series of workbooks over 4-8 weeks.

Call: 08003289655 Monday-Friday 1pm-9pm Free from a landline

www.nhs24.com/usefulresources/livinglife

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MENTAL HEALTH INFORMATION STATION

Are you affected with mental health issues? Or do you care for someone who is? Come along to this FREE weekly friendly drop in. EVERY THURSDAY! (from 29th October 2015) 11am-3pm Walpole Hall, Palmerston Place, Edinburgh

For more information please contact mental_health_information@nhslothian.scot.nhs.uk or call 0131 537 8650.

STRESS CONTROL CLASSES

Free 6 week evening classes; each week focuses on a different aspect of stress, how it affects us and how to cope with it. Classes are run in a lecture format with 20-40 people often attending during the day and up to 100 in the evening. You will never be asked to talk in front of the group or singled out. You will be given a booklet to accompany the class.

Contact: Health in Mind 0131 225 8508 Email contactus@health-in-mind.org.uk
www.nhslothian.scot.nhs.uk/services/a-z/stresscontrol

Dates of the next classes can be found on the Edspace website under Events.

COPING WITH ANXIETY COURSE

Small groups of up to 10 people where you can participate in discussion, share experiences and practice methods of managing anxiety. Telephone and register your interest by leaving your name and contact details on the answering machine. A course facilitator will then get in touch with you to tell you about the course and discuss if it's right for you. Courses are run in various venues across Edinburgh. Each course lasts for an hour and a half each week, for 6 weeks. Contact: 0131 537 8661

COUNSELLING

Counselling gives you an opportunity to talk confidentially about your experiences and feelings with someone who will listen carefully to help you look at your life and your feelings in order to seek possible changes. Counselling is offered by voluntary organisations who will often request a financial donation based on what you can afford. It is best to speak with the relevant organisation about this. A Full list of counselling agencies is available of the Edspace website.

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CRISIS CONTACTS - IF YOU NEED TO SPEAK WITH SOMEONE URGENTLY

Breathing Space - 0800 83 85 87 Free, National confidential helpline

Samaritans – Local Branch 9am – 10am - 0131 229 9999
National Confidential Helpline - 0845 790 9090 Email

Edinburgh Crisis Centre - Local Confidential Helpline – 0808 801 0414
Text Number – 07974 429 075
Email – crisis@edinburghcrisiscentre.org.uk

Offers sensitive, one to one support and information on a primarily face-to-face basis. The centre also provides a safe private space for people in distress to receive support, including overnight accommodation if required.

MHAS - 0131 537 6463 – Available 24Hrs

A nurse led team based at the Royal Edinburgh Hospital. For people experiencing a mental health crisis. Will refer you to the agency or service that best meets your needs and liaise with your healthcare provider about your care and assessment.

NHS 24 - 111 Available 24 hours www.nhs24.com

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Penumbra Self Harm Project Edinburgh

The Edinburgh Self Harm Project was opened in 2005 to provide a non-judgemental, friendly and user led support service for people who self-harm (age 16+).

The service provides a confidential environment where people can talk about their concerns. We offer support to enable people to cope with crisis by developing the skills and confidence needed to make positive life choices.

Services Offered:

- ❖ One to one support
- ❖ Individualsocialactivities
- ❖ Weekly art group
- ❖ Support for parents/carers

Patients can self refer – referral forms can be found at the web address below.

Web: www.penumbra.org.uk

Email: selfharm.edinburgh@penumbra.org.uk (service) **Tel:** 0131 229 6262

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ROOM FOR ART.

Art workshops take place every Tuesday morning 10.30 – 12.30 at Piershill Library. Please consider referring patients that might benefit. Taking part in art activity can enhance a person's health and wellbeing and reduced stress and anxiety. More communication and social interaction can increase confidence and can provide a distraction from pain/ anxiety in order to improve daily functioning.

Those identified as suitable for referral are:

- Experience of loss, isolation and/or loneliness which is impacting negatively on their health and wellbeing
- Mild to moderate anxiety, depression and/or stress.
- Co-morbidity of diagnosed anxiety/depression alongside physical/other health issues.
- Unemployed due to ill-health , with little evidence of family / social support
- Constrained in ability to function socially due to poor health
- A significant reliance on primary care