



RESOURCES TO HELP IMPROVE YOUR MENTAL HEALTH & WELLBEING

Your mental health and wellbeing is important to us, so we have compiled a list of the best resources, as well as some top tips, as the first step towards helping you to feel your best. There is also a list of useful numbers and resources on a variety of topics that may impact your mental health/wellbeing. These have all been reviewed by a GP to ensure they are good quality information & we have a separate resource for children and young people. If you need to discuss anything further then please contact your GP. **If you are feeling suicidal or in crisis then please contact your GP during opening hours, and when your GP surgery is closed please call 111 for NHS 24, or attend your nearest A&E department where trained mental health professionals can help you.**

LANARKSHIRE MIND MATTERS- <https://www.lanarkshiremindmatters.scot.nhs.uk/>

This excellent website has links to the NHS Lanarkshire psychological therapies self-referral online courses on anxiety (Daylight), Insomnia (Sleepio), as well as online cognitive behaviour therapy (CBT) for depression (Beating the Blues) and Silvercloud courses on covid19, resilience, sleep and stress and a new Calm distress course.

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

This Australian website, which is produced by psychologists, has some of the best information sheets available online as well as self-help worksheets on a variety of topics including worry, health anxiety, self-esteem and disordered eating-it is well worth a look.

NHS LANARKSHIRE ELAMENT WEBSITE- <https://www.elament.org.uk/> An A-Z hub of resources on a variety of mental health/wellbeing topics including addiction, phobias, ageing well, Alzheimer's, bereavement and ADHD/Autism.

WELLBEING GLASGOW www.wellbeing-glasgow.org.uk Excellent self help resources and videos on a variety of topics.

FOR THOSE WHO LIKE THEIR SMARTPHONE APPS...

SMILING MIND APP- FREE- developed in Australia, but available in the app store in the UK, this is a FREE meditation and mindfulness app which is excellent for beginners and has over 300 guided mindfulness meditations for both adults and children from 3years and up & is proven to help improve sleep and anxiety.

HEADSPACE- <http://www.headspace.com>- mindfulness meditations for sleep/anxiety, subscription required. FREE videos also available on Netflix for dealing with stress, sleep issues, pain and anger.

CALM- app and www.calm.com An all-round great app with lovely nature scenes, based around mindfulness-10minute 'daily calms' but also mindfulness for a variety of topics and

also includes, music, relaxing soundscapes, sleep stories, daily stretch videos and also a section for children-something for everyone. Subscription required to use all the features.

COUNSELLING- Liber8 counselling (self referral) www.liber8.org.uk or NHS via GP referral.

PREGNANCY/POSTNATAL- If you are pregnant or a new Mum and experiencing mental health difficulties please speak to your midwife, GP or health visitor to get additional help and support. www.nhs.uk/start4life/pregnancy/mental-health-and-pregnancy/ also has some links to resources.

SOME THINGS YOU CAN TRY YOURSELF TO IMPROVE WELLBEING:

Sometimes when we don't feel our best it can be difficult to have the motivation to do anything. One thing that can help is to try to do one small thing each day that usually makes you feel good-for example listening to your favourite song, having a bath or phoning a friend-making a list of these things can help. Getting outside once a day, even for 10minutes, has been shown to reduce stress, anxiety and improve mood & sleep-our brains love being in nature/outside!

Regular exercise, even 15-20mins a couple of times a week, be it simple stretching, a short walk, yoga or your favourite sport, has been shown in various studies to improve mental health. Start with just 5-10minutes of stretching and see how you feel.

Yoga with Adriene is a Youtube channel that offers free beginners yoga classes you can do at home but there are also lots of free online classes, including the South Lanarkshire Leisure website & facebook page. Eating a healthy balanced diet, and reducing alcohol intake, has also been shown to improve mood, the Mediterranean diet having the most emerging evidence-check out <http://www.nhs.uk/live-well/eat-well/what-is-a-mediterranean-diet/> for more info.

LIVING LIFE TO THE FULL www.lltff.com another online mental health/wellbeing resource including resources for children, expectant and new Mums.

SLEEP- Sleep and rest is very important. There are a few things that you can do to help improve your sleep. Try to go to bed and get up at around the same time each day, even on weekends (our body clock loves a routine!), avoid tv or mobile screens for 1-2hours before bed (the blue light makes our brains think it is daytime)-perhaps try reading a book or magazine instead. Limiting caffeine intake to before midday (caffeine stays in our bodies for up to 8hours!) can help improve sleep, this includes fizzy drinks, tea, and chocolate, also avoiding alcohol before bed can help-perhaps enjoy a hot milky drink instead or a camomile tea.

Having a bath or shower around an hour before bed can help the body release melatonin its own 'sleep' hormone, ensuring your bedroom is dark and not too hot or cold can also help. Lavender oil/pillow sprays can help some people get a good night's rest (if you are pregnant then please check with your doctor or midwife before using these). Or perhaps try some of the apps mentioned above for sleep stories or meditations. The use of herbal products is not recommended as the safety of these is often untested and can interact with prescribed medications. If you are still suffering from poor sleep then please speak to your GP to see how they can best help.

HOW TO MANAGE A PANIC ATTACK- Regain control of your breathing by trying this counting exercise-breathe in for a count of 4, holding your breath for 4, and then breathing out for 6. It can also help to 'ground'- to do this focus on something in the room, or look at your hand,

paying attention to the details of it, while trying to take slow deep breaths. This helps calm the brain and slow your breathing which helps stop the panic attack.

SOME OTHER USEFUL RESOURCES BY TOPIC:

CONFIDENTIAL MENTAL HEALTH HELPLINES: BREATHING SPACE (confidential, free) Mon-Thurs 6pm-2am, Fri 6pm-Mon 6am 0800 83 85 87 SAMARITANS- 24h/365days/yr Call 116 123 for free

ADDICTION- Community Addiction Recovery Service (CARES) Tel: 01698 274070

Liber8 Drug and alcohol service- Tel: 01698 825114

ADHD- www.rcpsych.ac.uk/mental-health/problems-disorders/adhd-in-adults info & links to other resources.

AUTISM- National Autistic Society www.autism.org.uk

BEREAVEMENT-CRUSE Bereavement counselling www.cruse.org.uk or 0808 808 1677

CHILD BEREAVEMENT UK www.childbereavementuk.org self referral or via GP, support including face to face support in Glasgow for families and children who have lost a child including pregnancy loss support.

CANCER SUPPORT:

THE LOGAN PRACTICE CANCER CARE COORDINATOR GILLIAN CHAMBERS 01698 759288

THE HAVEN (local) www.thehavencentre.com Support line 01555 811846

MAGGIE'S CENTRES (Monklands hospital) Mon-Fri 9-5pm 01236 771199

CLAN LANARKSHIRE 01236 772004

MACMILLAN SUPPORT LINE 0808 8080000

ST ANDREW'S HOSPICE 01236 766951

KILBRYDE HOSPICE 01355 202020

COUNSELLING- Liber8 counselling www.liber8.org.uk self-referral counselling service.

CYBER SAFETY FOR CHILDREN- Cyber Safe Scotland www.cybersafescotland.org also links on www.womenssupportproject.org.uk for parents trying to keep kids safe in the modern online world.

EATING DISORDERS- www.beateatingdisorders.org.uk

FOOD BANKS- Wishaw Community food and school uniform bank- South Wishaw Parish Church

GENDER BASED VIOLENCE-Women's Aid North Lanarkshire 01236 730992 **If your safety is in immediate danger please call 999 and ask for Police Scotland**

www.victimsupport.org.uk 0808 168 9111

Women's Support Project (based in Glasgow and throughout Scotland) including links to Encompass Network for women affected by commercial sexual exploitation.

www.womenssupportproject.org.uk

GAMBLING ADDICTION- National Gambling helpline 0808 8020 133 and www.gamcare.org.uk

HOUSING/HOMELESSNESS- Wishaw Housing Office 01698 302920

Homelessness out of hours (North Lanarkshire) 0800 953 2424

LONELINESS IN OLDER PEOPLE- The Silver Line- 0800 470 80 90 Age UK 0800 055 6112 Friends of the Elderly (weekly or fortnightly friendship call from a volunteer) 0300 332 1110

MEN'S SHEDS- Scottish Men's Shed Association www.scottishmsa.org.uk

MONEY WORRIES- Tackling Poverty Team (North Lanarkshire) 01698 332551 or email TPteam@northlan.gov.uk

PARENTING SUPPORT- National Childbirth Trust www.nct.org.uk Tel: 0300 330 0700

PREGNANCY LOSS/STILLBIRTH- Miscarriage support: www.miscarriagesupport.org.uk

SANDS <http://lanarkshire.sands.org.uk>

REFUGEE/ASYLUM SEEKER SUPPORT- Migrant help (free helpline) 0808 8010 503 and Scottish Refugee Council helpline 0141 223 7979

RELATIONSHIPS- www.relate.org.uk including links for counselling.

SEXUAL ABUSE SURVIVORS- MOIRA ANDERSON FOUNDATION- www.moiraaanderson.org 01236 602890

SEXUAL VIOLENCE- Lanarkshire Rape Crisis Centre 01698 527003 www.lanrcc.org.uk

Or call 111 for NHS 24 to give you information about local Sexual assault referral centre

SOCIAL WORK (Wishaw) 01698 348200

(Motherwell) 01698 332100