

MORAY - EMOTIONAL HEALTH AND WELLBEING SERVICES, SUPPORTS & SELF-HELP RESOURCES

<p style="text-align: center;">SAMARITANS</p> <p>Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts. Also if you need support with helping someone you are worried about.</p> <p>Call: 01343 543000 or 08457 909090 e.mail: joe@samaritans.org.uk www.samaritans.org.uk</p>	<p style="text-align: center;">BREATHING SPACE</p> <p>Feeling down or depressed. Breathing Space can help if you need someone to talk to, experienced advisors will listen and provide confidential information and advice.</p> <p>Call: 0800 83 85 87 (freephone) www.breathingspacescotland.co.uk</p>	<p style="text-align: center;">CRUSE BEREAVEMENT CARE (Moray)</p> <p>If you live in Moray and have been affected or bereaved by suicide we can provide free and confidential group and/or individual support.</p> <p>Contact Brigitte on: 07761 559590 moray@crusescotland.org.uk For all other bereavement support contact Cruse Scotland phone-line: 0845 600 2227</p>
<p style="text-align: center;">WELLNESS RECOVERY ACTION PLANNING (MORAY WRAP)</p> <p>A community based course delivered by people with lived experience of mental health problems. The course will provide you with the tools to:</p> <ul style="list-style-type: none"> ✓ develop a wellness action plan ✓ anticipate and overcome crisis ✓ build confidence & self-esteem ✓ take control & manage your emotional health and wellbeing ✓ realise your aspirations and potential <p>e.mail: steve.mccluskey@moray.gov.uk</p>	<p style="text-align: center;">STEPS FOR STRESS</p> <p>A simple online guide to stressing less and enjoying life more. Take the steps today.</p> <p>www.stepsforstress.org</p>	<p style="text-align: center;">STUDIO - 8 (Moray) (Turning Point Scotland)</p> <p>Access point for all drug and alcohol services in Moray. If you require access to a service this is your first point of call. Studio 8 offers assessment and referral to services that meet your needs as well as information, support and guidance.</p> <p>Call: 01343 543792 e.mail: studio8@turningpointscotland.com www.turningpointscotland.com</p>
<p style="text-align: center;">HEALTH-MATTERS Healthy Reading Collection (Moray Libraries)</p> <p>A collection of healthy reading books, resources, DVD's to help you make healthy choices. Including many publications on emotional health and wellbeing. Look out for the dedicated Health-Matters section in your local library and online.</p> <p>http://capitadiscovery.co.uk/moray Also information on leisure & sports facilities, community groups: http://morinfo.moray.gov.uk</p>	<p style="text-align: center;">MORAY COUNCIL ACCESS CARE TEAM (Adult Community Care Services)</p> <p>For information on all adult community care services including mental health services.</p> <p>Call: 01343 563999 Out of Hours emergency service: 08457 565656</p>	<p style="text-align: center;">MORAY CARER SUPPORT SERVICE (Quarriers)</p> <p>Advice, information and support which best meets your needs to cope with your caring responsibilities whether you are young or old. This includes support and information to support carers emotional health and wellbeing.</p> <p>Call: 01343 556031 www.quarrierscarersservice.org.uk</p>
	<p style="text-align: center;">GP's</p> <p>Ask your GP - who can provide advice and information, referral and signpost to local mental health services, supports and self-help publications and resources.</p>	

<p style="text-align: center;">LIVING LIFE (NHS 24)</p> <p>Living Life provides free guided self-help sessions through one-to-one coaching over the telephone. Available to anyone over the age of 16 who is suffering from low mood, mild to moderate depression and/or anxiety.</p> <p>Call: 0800 328 9655 (Mon-Fri 1pm to 9pm) free and confidential phone line.</p>	<p style="text-align: center;">LIVING LIFE TO THE FULL (Action on Depression)</p> <p>An online life skills course designed to help you:</p> <ul style="list-style-type: none"> ✓ overcome stress and anxiety ✓ build confidence ✓ tackle difficult situations ✓ understand why we feel as we do ✓ solve problems ✓ relax ✓ overcome reduced activity ✓ change unhelpful thinking ✓ recognise helpful and unhelpful behaviour ✓ live healthily <p>Register at: www.actionondepression.org/services/cbt-online for online course with phone support. Or do the course on your own at: www.lltff.com</p>	<p style="text-align: center;">MORAY MENTAL HEALTH (Community Support Group)</p> <p>A community support group run for and by individuals with experience of mental health problems, including carers. Provides advice, information, support meetings and outings.</p> <p>Contact: Peter at peterhaystewart@yahoo.co.uk or Janice 01343 547724</p>
<p style="text-align: center;">NHS 24 (NHS Scotland)</p> <p style="text-align: center;">For health information and self-care advice. Call: 08454 242424</p>		<p style="text-align: center;">PAPYRUS – Prevention of Young Suicide</p> <p>Confidential advice and support to young people, families and carers.</p> <p>HOPELineUK 0800 068 41 41 e.mail: pat@papyrus-uk.org SMS: 07786 209697</p>
<p style="text-align: center;">MOOD JUICE</p> <p>An interactive website offering guidance, information and self-help guides to support emotional problems and wellbeing.</p> <p>www.moodjuice.scot.nhs.uk</p>		<p style="text-align: center;">MORAY CHOOSE LIFE: Suicide Prevention & Self-Harm Awareness Training</p> <p>Various free suicide prevention and self-harm awareness training for professionals and communities.</p> <p>Contact: martin.kirwan@moray.gov.uk Choose Life info: steve.mccluskey@moray.gov.uk</p>
<p style="text-align: center;">WELLBEING PODCASTS</p> <p>A series of podcasts for free download that includes titles such as:</p> <ul style="list-style-type: none"> ☺ New Year Resolutions- A Healthy Diet ☺ New Year Resolutions- Exercise ☺ Progressive Relaxation for Better Sleep ☺ What is Mindfulness? ☺ Mindfulness 10min Practice Exercise Podcast ☺ Exercise & Mental Health ☺ How to Overcome Fear & Anxiety ☺ Stress & Relaxation: Quick Fix Breathing Exercise ☺ Stress & Relaxation: Full Works 	<p>(Mental Health Foundation) www.mentalhealth.org.uk/</p> <ul style="list-style-type: none"> ☺ Wellbeing & Sleep: Quick Fix Relaxation Exercise ☺ Wellbeing & Sleep: Full Works ☺ Stress & The Mind: Quick Fix Relaxation Exercise ☺ Stress & The Mind: Full Works ☺ Wellbeing & Positive Thinking ☺ Wellbeing & Relaxation ☺ Wellbeing & Nutrition ☺ Frequently Asked Questions about Podcasts <p>Download free from: www.mentalhealth.org.uk/help-information/podcasts/ or available on iTunes</p>	<p style="text-align: center;">HAPPYPLACE Mood Manager APP (Mental Health Foundation)</p> <p>If you're feeling down, HappyPlace Mood Manager can help you cope with your low mood. HappyPlace combines established mood monitoring techniques with a new method to change the way you see the world.</p> <p>Download (£1.49) from iTunes Store</p>
		<p style="text-align: center;">THE MORAY FEELGOOD FESTIVAL (Scottish Mental Health Arts & Film Festival)</p> <p>A programme of Arts & Film events throughout October promoting positive mental health across Moray. Interested in becoming a 'Feelgood Ambassador'? Do you have ideas for events?</p> <p>Contact: fiona.mcpherson@moray.gov.uk</p>