

Online/Telephone resources IESO Digital Health

Accepts self-referral for online Cognitive Behavioural Therapy (CBT) for those experiencing low mood and anxiety. Visit: www.iesohealth.com

Sleepio

A digital Cognitive Behavioural Therapy (CBT) programme to help promote sleep without the use of medication. Visit: www.sleepio.com

Living Life

Free telephone service to help those understand why they are feeling down. Self help coaches and Cognitive Behavioural Therapy (CBT) can teach coping mechanisms. Tel. 0800 328 9655.

Breathing Space

A free confidential phone and online service for people experiencing low mood, depression or anxiety. Open Mon-Thurs 6pm-2am and Fri-Mon 6pm-6am. Tel. 0800 838 587.

SurvivorsUK

Provides support and advice on counselling, groups and peer support for male survivors of sexual abuse. Visit: www.survivorsuk.org

NHS inform

Scotland's national health information service. Provides accurate and relevant information on all aspects of health and support. Visit: www.nhsinform.scot

Mobile phone apps

- Stopp app – decider skills
- Calm harm - self harm
- Clear fear – anxiety management
- Calm – anxiety management
- Silver cloud – cognitive behaviour therapy

Should you or someone you know be experiencing severe mental health difficulties then please approach your GP in the first instance. They may refer you to the Community Mental Health Team.

Out of hours, please contact NHS 24 on 111.

In an emergency, dial 999.

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at: www.wihb.scot.nhs.uk or share your story at: www.careopinion.org.uk or 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

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Written by: Ellen Collins, Liaison and Diversion CPN/Non Medical Prescriber, Community Mental Health Team.

Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Mental health self-help services



Uist & Barra local services

Are you or someone you know experiencing mental health difficulties?

These can include low mood, anxiety, memory problems or learning disability. If you would like support and advice the following local support services can help.

National Rural Mental Health Forum

A network of organisations across mental health services aimed at supporting people with mental health difficulties in rural areas and connecting them with appropriate services. Visit: www.ruralwellbeing.org

De'tha Dol

Provides a list of where to find local resources for Uist and Benbecula. Visit: www.dethadol.com

Caraidean Uibhist

An all inclusive charity providing free and confidential support to anyone over 16 years to reduce loneliness and social isolation. Based at 23 Winfield Way, Balivanich, Benbecula. Tel. 01870 603233.

Cobhair Bharraigh

Provides a home based support service and day care centre in partnership with Alzheimer Scotland, Action on Dementia and affiliated Crossroads Caring Scotland. Based at Kentangaval, Castlebay, Barra. Tel. 01871 810906.

Tagsa Uibhist

Offers 1-2-1 support and information to help people manage their mental health and wellbeing. Based at East Camp, Balivanich, Benbecula, HS7 5LA. Tel. 01870 603881.

MPower

Offers help for people to live well, safely and independently in their own homes, by linking them up with services in their community. Tel. 01851 708022

Counselling and Family Mediation

Personal and family counselling. Support to deal with personal problems including stress, depression, bereavement, sexual abuse or substance misuse. Relaxation techniques and outreach support available. Tel. 01851 705600

Western Isles Community Care Forum

Voluntary organisation which serves the Western Isles by supporting carers and service users. Based at Room 14, Council Offices, Tarbert, Isle of Harris. Tel. 01859-502588.

Samaritans

Confidential emotional support for people who are experiencing feelings of distress or despair. Based at 87 Cromwell Street, Stornoway and open Thursdays 7am-11pm and Fridays 11am-2pm. Tel. 01851 703777 or 116123 outwith these days/times.

Citizens Advice Bureau

Confidential, free, independent advice on your rights and responsibilities and which services available to you. Based at 45 Winfield Way, Balivanich, HS7 5LH. Email: bureau@uistcab.casonline.org.uk Tel. 01870 602421.

Western Isles Womens Aid

An independent service for women and children who are escaping domestic abuse. Based at 53a Bayhead, Stornoway. Tel. 01851 704750.

Advocacy Western Isles

Offers support to speak up for yourself, defend your rights and ensure your voice is heard. Accessible to young people, or those with mental ill health or learning disabilities. Based at 277 Daliburgh, Isle of South Uist, HS8 5SS. Tel. 01878 700000. Visit: www.advocacywi.co.uk

Western Isles Rape Crisis Centre

Support for females who have been raped or sexually abused, support for adult survivors of sexual abuse and support for partners, family, friends or other workers in the community who are supporting women who have been abused. Offers telephone, face to face and outreach support, with opportunities to work on relaxation, self-esteem and confidence. Based at Cromwell Street Quay, Stornoway. Tel. 01851 709965.

Community Chaplaincy Listening Service

The Community Chaplaincy Listening (CCL) service is not a counselling service, but instead offers a trained CCL listener to help you tell your story; understand your feelings and provide a safe space to explore a way forward for your own sense of health and wellbeing. Referral to the service is via GP, nurse or other healthcare professional to arrange an appointment.

Autism Eilean Siar

Autism Eilean Siar is a voluntary support group, which aims to raise awareness, help and support families, and champion full and inclusive lives for people with Autism Spectrum Disorder. Supports everyone in the Western Isles affected by the condition (parents, partners, family and friends). Email: autism.eilean.siar@gmail.com