

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
- Daylight - cognitive behaviour therapy
- 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 tel. 0800 122 31 35
- tel. 01851 708069 Monday-Friday between 9am-5.30pm.

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Written by: Ellen Collins, CPN, 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



Lewis and Harris 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.

Penumbra

Support for mental health and wellbeing. Provides 1-to-1, group support and peer support. Based at 23 Bayhead, Stornoway. Tel. 01851 706360

Catch23

Mental health drop-in centre providing support and run by Western Isles Association for Mental health. Tel. 01851 704964

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

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 made by requesting your GP, nurse or other healthcare professional to arrange an appointment. Alternatively you can contact your GP Surgery and ask for an appointment with the CCL service.

Alzheimer Scotland (Lewis & Harris) Dementia Resource Centre The Alzheimer Scotland Dementia Resource Centre offers a drop-in service from Monday-Wednesday from 9am-3pm. At all other times it is open on an appointment basis. Tel. 01851 702123. 24 hour free helpline 0800 808 3000.

Solas Day Centre, Westview Terrace, Stornoway. Tel. 01851 702123.

Crossroads Lewis

Crossroads Lewis supports carers and service users on a weekly basis. They provide home support to carers regardless of age, disability or illness and to those living alone, struggling with ill-health or loneliness. Also provide a palliative service at home. Based at Grianan, Westview Terrace, Stornoway. Tel. 01851 705422.

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 41-43 Westview Terrace, Stornoway. Tel. 01851 705727.

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 Lamont lane, Stornoway. Tel. 01851 701755.

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. Based at Cromwell Street Quay, Stornoway. Tel. 01851 709965.

Western Isles Womens Aid

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

Western Isles Foyer

Support service for young people aged 16-26 providing independent living skills and offering a drop-in service. Tel. 01851 705366.

Befriending Lewis

Befriending service to tackle loneliness and isolation. Based at 30 Francis Street, Stornoway. Tel. 01851 702632

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 all affected by the condition (parents, partners, family and friends). Email: autism.eilean.siar@gmail.com