

## Support Services

It is normal to feel down or blue at some points of our lives, however if you would like to speak to someone, please refer to the list of UK and international organisations below.

You may also wish to contact your GP or another healthcare professional.

If you think your life or someone's life is in danger you should visit an emergency department or call an ambulance by dialling 999.

### NHS24; Health Information and Self Care Advice

NHS24 is a service for residents of Scotland and provides comprehensive, up-to-date health information and self-care advice and signposting to other supports where appropriate. After an initial assessment over the phone NHS24 may refer you to other health services including out-of-hours medical support and ambulance service. If appropriate, they may recommend some steps you can take to look after yourself at home.

**Website:** [www.nhs24.com](http://www.nhs24.com)

**Telephone:** 111

**Available:** 24-hours every day

### Breathing Space

Breathing Space is telephone support line offering free and confidential verbal support to individuals looking for someone to talk to about their current experience's low mood, depression or worry.

**Website:** [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk) **Tel:** 0800 83 85 87

**Available:** Evenings (6pm-2pm) Monday to Thursday, 24-hours from Friday 6pm –Monday 6am

### Scottish Association for Mental Health (SAMH)

SAMH is a charitable information service for mental health. Staff and volunteers can answer general mental health enquiries, advise you on your rights and signpost you to your local services.

**Website:** [www.samh.org.uk](http://www.samh.org.uk)

**Tel:** 0800 917 3466

**Available:** Monday-Friday: 2pm-4pm

### Emergency Department

The Emergency Department prioritise people who have a serious injury or accident or who have a sudden serious illness or medical condition. If you think that a life is at risk you should call emergency services right away.

**Tel:** 999

**Available:** 24-hours every day

### Samaritans

Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Telephone numbers vary between countries, please consult the website to find your local Samaritans telephone number.

**Website:** [www.samaritans.org](http://www.samaritans.org) **Tel:** 116 123

### Befrienders

Befrienders Worldwide provides suicide prevention support throughout the world:

**Webstie:** [www.befrienders.org](http://www.befrienders.org)