

## Mental Health & Wellbeing Resources

### Local Free Resources

Name of Organisation	Contact Details (Website, Telephone Number, social media)
<b>Ardgowan Hospice Inverclyde Willow Care Service</b>	<p>Ardgowan Hospice understand just how difficult the time following the death of a loved one can be. Thanks to a grant by the National Lottery, they are now able to further the care offered by providing specialist grief support to those impacted by COVID-19 in Inverclyde.</p> <p>To access this service you can either phone the dedicated hospice phone number 01475 726830 ext. 2387 or ask for The Willow Care service. Or you can email on <a href="mailto:bereavement@ardhosp.co.uk">bereavement@ardhosp.co.uk</a> . For carers the phone number is the same and the email address is <a href="mailto:SupportiveCareService@ardhosp.co.uk">SupportiveCareService@ardhosp.co.uk</a></p>
<b>HSCP Primary Care Mental Health Team &amp; Mental Health Services</b>	Crown House, Greenock Tel: 01475 558000
<b>Inverclyde Life</b>	<p><b>Connect to Wellbeing</b></p> <p>CVS Inverclyde is working with Your Voice Inverclyde and Inverclyde HSCP to help local communities connect to wellbeing. The Inverclyde Life website highlights and signposts to the incredible organisations and groups making a difference in our community.</p> <p>If you or someone you know needs a helping hand right now, browse the Inverclyde Life website to see what support is available.</p> <p>The Access Wellbeing section can link you to services that could be your starting point to getting support that's right for you. It includes:</p> <ul style="list-style-type: none"> <li>◆ HSCP Access 1st</li> <li>◆ HSCP Advice First</li> <li>◆ Your Voice Community Connectors</li> <li>◆ CVS Inverclyde Community Link Workers</li> </ul> <p><a href="#">Inverclyde Life</a></p>

<p><b><i>Man on Inverclyde</i></b></p>	<p>Man On is a suicide prevention and wellbeing charity for the adults and young people of Inverclyde and beyond. Man On provide a wide range of free group and individual services. Below are just some of the services currently on offer:</p> <p><b>Monday</b>  10am – 3pm: Crisis Support  6pm – 9pm: Men’s Social Drop In  7pm – 8.30pm: Adults Football Therapy @ Notre Dame Pitches</p> <p>6pm – 9pm: Men’s Social Drop In @ Man On Wellbeing Centre, Nelson Street, Greenock</p> <p><b>Tuesday</b>  10am – 1pm: Women’s Social Drop In  6pm – 9pm: Men’s Peer Support Group</p> <p><b>Wednesday</b>  9.30am – 1.30pm: Heat and Eat  12noon – 2pm: Men’s Peer Support Group  3pm – 7pm: Young Person Wellbeing Service (15yrs+)  7pm – 9pm: Women’s Online Zoom Call</p> <p><b>Thursday</b>  11am – 2pm: Coffee and a Chat</p> <p><b>Friday</b>  10am – 3pm: Crisis Support</p> <p><b>Premises are at: Man On Wellbeing Centre, Nelson Street, Greenock</b></p> <p>Email: <a href="mailto:support@manoninverclyde.co.uk">support@manoninverclyde.co.uk</a>  Website: <a href="http://www.manoninverclyde.co.uk">Home - Man on Inverclyde - A charity by the people of Inverclyde, for the people of Inverclyde</a>  Facebook: <a href="https://www.facebook.com/ManOnInverclyde/">https://www.facebook.com/ManOnInverclyde/</a></p>
<p><b><i>Mind Mosaic Counselling &amp; Therapy, Inverclyde</i></b></p>	<p>An Inverclyde charity providing counselling and therapy services to the people of Inverclyde. Contact Mind Mosaic direct for a referral form. Email: <a href="mailto:admin@mindmosaic.co.uk">admin@mindmosaic.co.uk</a> ; Tel: 01475 892208; Website: <a href="http://www.mindmosaic.co.uk">www.mindmosaic.co.uk</a>  <a href="http://www.mindmosaic.co.uk">Continue to check the website for any up to date resources and links to the YouTube channel which contains mindfulness videos and podcasts.</a></p>
<p><b><i>Morton in the Community</i></b></p>	<p><b>Email:</b> <a href="mailto:admin@mortoncommunity.net">admin@mortoncommunity.net</a>  <b>Tel:</b> 01475 731949  <a href="http://mortoncommunity.net/">http://mortoncommunity.net/</a></p> <p>Below are the services they offer:</p> <p><b>Team Talk</b>  Men’s Mental Health Project: Monday evenings from 6:30pm – 8:30pm at Cappielow)</p>

	<p><b>Men's Walking Football</b> Monday &amp; Friday afternoons from 1pm – 2:30pm at Inverkip HUB.</p> <p><b>Breakfast and a Blether</b> A new programme starting at Cappielow on <b>Wednesday 6<sup>th</sup> July</b>. It will run weekly every Wednesday from 9:30 – 11am right up until Christmas.</p> <p>Anyone aged eighteen plus is welcome to join the team at the Trust for a breakfast roll, a cuppa and some good company from 9.30am on a Wednesday at Cappielow Park. The group will go for a walk around the pitch to enjoy some Greenock morning sunshine, too.</p> <p>If you'd like some more information or to put in your breakfast roll order, contact <a href="mailto:jroy@mortoncommunity.net">jroy@mortoncommunity.net</a>.</p> <p><a href="https://www.eventbrite.co.uk/e/breakfast-and-a-blether-tickets-359399532677">https://www.eventbrite.co.uk/e/breakfast-and-a-blether-tickets-359399532677</a> - This is a link where people who are interested can register.</p>
<b>SAMH – Sam's</b>	<p>One to one peer support for mental health and wellbeing issues.</p> <p>Drop in sessions available:</p> <p>Friday 11.00am – 6.00pm at Salvation Army, 57 Regent Street, Greenock PA15 4NP</p>
<b>Your Voice</b>	<p><b>Social Prescribing – Community Connectors</b> The Community Connectors provide conversation and encouragement that someone needs to get back on track, and take part in activities and interests.</p> <p>Community Connectors can be contacted directly or referrals from HSCP professionals, community organisations as well as family, friends and neighbours are accepted.</p> <p>Poor health, changes in circumstances or bereavement can affect our self confidence and cause us to stop doing things we once enjoyed... sometimes all it takes is a conversation and a bit of encouragement to get back out there and take part in things.</p> <p><a href="mailto:enquiries@yourvoice.org.uk">Email: enquiries@yourvoice.org.uk</a> <a href="tel:01475728628">Tel: 01475 728628</a> <a href="http://www.yourvoice.org.uk/">http://www.yourvoice.org.uk/</a></p> <p>Your Voice, 12 Clyde Square, Greenock PA15 1NB</p>

## Other Local/National Resources

Name of Organisation	Contact Details (Website, Telephone Number, social media)
Able Futures	<a href="https://www.able-futures.co.uk/">https://www.able-futures.co.uk/</a> Tel: 0800 321 3137
Action for Children	"Parent Talk - Support for Parents from Action For Children" <a href="https://parents.actionforchildren.org.uk">https://parents.actionforchildren.org.uk</a>
Alzheimer Scotland	<a href="https://www.alzscot.org/">https://www.alzscot.org/</a> Tel: 0131 243 1453 Tel: 0808 808 3000 (24hr free Dementia helpline)
Anxiety UK	<a href="http://www.anxietyuk.org.uk/">www.anxietyuk.org.uk/</a> Tel: 03444 775 774 (Monday-Friday, 9.30am to 10pm; Saturday-Sunday, 10am to 8pm)
Beat	<a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a> Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)
Bipolar Scotland	<a href="http://www.bipolarscotland.org.uk/">www.bipolarscotland.org.uk/</a> Tel: 0141 560 2050 Email: <a href="mailto:info@bipolarscotland.uk">info@bipolarscotland.uk</a> Facebook: <a href="https://www.facebook.com/Bipolarscotland1/">https://www.facebook.com/Bipolarscotland1/</a>
Breathing Space	<a href="https://breathingspace.scot/">https://breathingspace.scot/</a> Tel: 0800 83 85 87 Lines are open from 6pm – 2am Monday to Thursday and 6pm – 6am Friday to Monday. They also offer Live Web Chats
CALM	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a> Tel: 0800 58 58 58 (daily, 5pm to midnight)
Children 1 <sup>st</sup> Parentline	<a href="http://Tel: 08000 28 22 33">Tel: 08000 28 22 33</a>
Clear Your Head	<a href="https://clearyourhead.scot/">https://clearyourhead.scot/</a>
Crisis Text Line	<a href="http://Text: 85258">Text: 85258</a>
Every Mind Matters	<a href="http://www.nhs.uk/oneyou/every-mind-matters">www.nhs.uk/oneyou/every-mind-matters</a>
GTCS Hive of Wellbeing Resources	<a href="https://www.gtcs.org.uk/News/news/health-wellbeing.aspx">https://www.gtcs.org.uk/News/news/health-wellbeing.aspx</a>
Get Self Help	<a href="http://www.getselfhelp.co.uk">www.getselfhelp.co.uk</a>
Heads up Scotland	<a href="http://www.headsupscotland.co.uk/">www.headsupscotland.co.uk/</a> Tel: 07399294590
Inverclyde Association for Mental Health & Bizzjoy Counselling	Inverclyde Association for Mental Health are working in partnership with Bizzjoy Counselling to offer access to free counselling sessions for adults, in a safe space, with strict confidentiality (face to face or via zoom, if preferred). For enquiries, contact: <a href="mailto:Lorraine.graham@iamh.org.uk">Lorraine.graham@iamh.org.uk</a> Tel: 07733683442 (Monday to Friday).  Tel: 07709628796; Email: <a href="mailto:info@bizzjoy.co.uk">info@bizzjoy.co.uk</a>
Inverclyde Council ICON:	<a href="http://icon/hr/health-and-safety/health-and-safety-policy-and-guidance/stress/">http://icon/hr/health-and-safety/health-and-safety-policy-and-guidance/stress/</a>  <a href="http://icon/hr/health-and-safety/health-and-safety-policy-and-guidance/stress/stress-busting-tips/">http://icon/hr/health-and-safety/health-and-safety-policy-and-guidance/stress/stress-busting-tips/</a>
LGBT Helpline Scotland	<a href="http://www.lgbthealth.org.uk/helpline">www.lgbthealth.org.uk/helpline</a> Tel: 0300 123 2523 Email: <a href="mailto:helpline@lgbthealth.org.uk">helpline@lgbthealth.org.uk</a>
Living Life	<a href="https://littf.com/">https://littf.com/</a>
Mencap	<a href="http://www.mencap.org.uk">www.mencap.org.uk</a> Tel: 0808 808 1111 (Monday to Friday, 9am to 5pm)
Mental Wellbeing (NHS Inform)	<a href="http://www.nhsinform.scot/healthy-living/mental-wellbeing">www.nhsinform.scot/healthy-living/mental-wellbeing</a>

Mental Health Foundation	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a> <a href="http://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working">www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working</a>
MIND	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a> Tel: <a href="tel:03001233393">0300 123 3393</a> Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> Text: 86463
Mood Cafe	<a href="http://www.moodcafe.co.uk">www.moodcafe.co.uk</a>
NHS Education for Scotland	<a href="https://learn.nes.nhs.scot/28063/coronavirus-covid-19/psychosocial-mental-health-and-wellbeing-support-for-staff">https://learn.nes.nhs.scot/28063/coronavirus-covid-19/psychosocial-mental-health-and-wellbeing-support-for-staff</a> Providing psychosocial mental health and wellbeing support for staff
NHS 24 Mental Health Hub	Tel: 111  The NHS 24 non-symptomatic COVID-19 Special Helpline (0800 028 2816) and NHS Inform's general health information line (0800 22 44 88) will operate from 8am to 8pm each day from Monday 9 August 2021. The lines previously closed at 10pm. This is in response to reduced calls from the public to these numbers after 8pm. The latest COVID-19 guidance is available online day and night from <a href="http://www.nhsinform.scot">www.nhsinform.scot</a>  NHS24 has asked that we cascade information about this change to our staff, volunteers and the people we support. If the current opening times are published on your digital channels, or feature in any print materials, can you please arrange to update these with the new opening times.  There is no change to the 111 service.
NHS Live Well	<a href="https://www.nhs.uk/live-well/">https://www.nhs.uk/live-well/</a> <a href="https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/">https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/</a> Tips and advice for healthy eating and exercise
Parent Club Scotland	<a href="https://www.parentclub.scot/">https://www.parentclub.scot/</a>
Public Health Scotland	<a href="http://www.healthscotland.scot/publications/good-mental-health-for-all">www.healthscotland.scot/publications/good-mental-health-for-all</a>
Relate	<a href="http://www.relate.org.uk">www.relate.org.uk</a>
Rethink	<a href="http://www.rethink.org/">www.rethink.org/</a> Tel: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)
Samaritans	<a href="http://www.samaritans.org">www.samaritans.org</a> Tel: 116 123 Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> Text: 07725 90 90 90
Scottish Association for Mental Health (SAMH)	<a href="http://www.samh.org.uk/">www.samh.org.uk/</a> Tel: 0344 800 055 <a href="https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-and-your-mental-wellbeing">https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-and-your-mental-wellbeing</a>
Scottish Recovery Network	<a href="https://www.scottishrecovery.net/">https://www.scottishrecovery.net/</a> Tel: 0141 240 7790 Email: <a href="mailto:info@scottishrecovery.net">info@scottishrecovery.net</a>
Scottish Social Services Council	<a href="https://learn.sssc.uk.com/wellbeing/">https://learn.sssc.uk.com/wellbeing/</a>
See Me Scotland	<a href="https://www.seemescotland.org/">https://www.seemescotland.org/</a>
Shout	<a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a> Text 85258
Sleep Scotland	<a href="https://www.sleepscotland.org/">https://www.sleepscotland.org/</a> Tel: 0800 138 6565 (Monday to Thursday 10am to 4pm)
Time to Change	<a href="https://www.time-to-change.org.uk/coronavirus">https://www.time-to-change.org.uk/coronavirus</a>

Teachers Free Stress Helpline	<i>Tel: 08000 562 561</i>
The Inverclyde Shed	<a href="mailto:contact@inverclydeshed.co.uk">Email: contact@inverclydeshed.co.uk</a> <a href="https://inverclydeshed.co.uk/">https://inverclydeshed.co.uk/</a>
Young Minds	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> <i>Tel: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)</i>

### **Support with Bereavement Resources**

<b>Name of Organisation</b>	<b>Contact Details (Website, Telephone Number, social ia)</b>
Cruse Bereavement Care Scotland	<i>Mon – Friday: 9.00am to 8.00pm; Weekends: 1.00pm to 4.00pm</i> <i>Tel: 0808 802 6161</i> <i>Email: <a href="mailto:support@crusescotland.org.uk">support@crusescotland.org.uk</a></i>
NHS Website	<a href="https://www.nhsggc.org.uk/your-health/health-issues/covid-19-coronavirus/for-the-public-patients/bereavement-information-and-support/">https://www.nhsggc.org.uk/your-health/health-issues/covid-19-coronavirus/for-the-public-patients/bereavement-information-and-support/</a>

### **E-learning and Virtual Workshops**

#### **Management and Coaching Support**

Access to resources and Toolkits for Managers can be found at:

<https://www.nationalwellbeinghub.scot/resource/management-and-coaching-support/>

## **Mental Health & Wellbeing E-Learning Tools**

The following Learning and Development modules on the Training Platform via Icon will also help to look after your mental health and wellbeing (available to Council staff only):

Log into Log into [Inverclyde Learns \(tessello.co.uk\)](https://tessello.co.uk) You will find helpful modules under the following sections:

### **Health, Safety & Welfare Section/Stress:**

Dealing with Stress; Stress Management; Recognising Stress

### **Health, Safety & Welfare Section/Workplace Wellbeing:**

Healthy Living Module; Life Balance; Managing Emotions; Mindfulness Module; Mindset Module; Positive Thinking Module; Relaxation Module; Resilience Module

### **Health, Safety & Welfare Section/Health & Safety Management:**

Mental Health

**Stress Control** classes can be of great help to everyone – those who need it just now, and those who may need the advice for the future. The classes are normally held within the community but Dr Jim White is doing live-stream classes, free-of-charge, which you can watch either in the afternoon or evening. For more information visit: <https://stresscontrol.org/>

### **Virtual Monthly Mindfulness Sessions**

Michelle Gillespie, Mind Matters Coach, provided 5 x 30min monthly Mindfulness Sessions. You can access these via Zoom using the following links:

#### **Session 1**

This session focuses on **the benefits of being in the present moment**. Closing off with a guided visualisation on letting go of something from your past that holds you back.

<https://youtu.be/HVTQF-Qg3M8>

#### **Session 2**

This session focuses on **a 3 Step Breathing Space** – Mindfulness meditation using three steps that can quickly pull you back from spiralling into stress. Closing off with a guided beach meditation to receive a message that will bring joy to your life.

<https://youtu.be/dX8pC0y6ImA>

#### **Session 3**

This session focuses on **PAUSE** – A powerful acronym designed to allow you to connect with how you are feeling and move into the moment with ease, this is great for worriers, over-thinkers and analysers who get caught up trying to interpret the meaning behind other people's actions. <https://youtu.be/EtnYLhZyr4w>

#### **Session 4**

This session focuses on **Kindness, gratitude, and appreciation** – Uncovering the benefits to these powerful and positive emotions to grow and encourage a happy and fulfilling mind set. Closing off with a guided visualisation on gratitude. <https://youtu.be/-jNg13hWQkQ>

#### **Session 5**

This session focuses on using **the power of one word** that will act as an anchor for you for the next year. This word will be powerful, uplifting and enable you to call on it whenever you need to. <https://us02web.zoom.us/j/6081583136>

*\*Please note Zoom can now be used on Inverclyde Council devices*