

A warm, inviting winter scene. In the foreground, a dark blue mug filled with a golden-brown soup or coffee sits on a textured, light-colored surface. A silver spoon is tucked into the mug. To the left, a stack of round, golden-brown cookies is visible. In the background, a large, light-colored mug with a handle is also steaming. The background is softly blurred, showing a plaid pattern and a vase of vibrant red flowers. The overall atmosphere is cozy and comforting.

**SOME USEFUL CONTACTS
TO SUPPORT YOUR
MENTAL HEALTH
AND
WELLBEING**

In Winter

December 2019

Produced by **COPE Scotland**
building a kinder, more compassionate and connected world.
Together we can be the change.

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Advocacy

Children's Rights Project The Drumchapel Advocacy Project

T: 0141 944 0507

Facebook:
www.facebook.com/drumchapelmoneyadvicecentre

The Mental Health Network (Greater Glasgow)

T: 0141 550 8417

W: www.mhngg.org.uk

Anxiety/Depression

W: www.nhs.uk/conditions/stress-anxiety-depression/

Seasonal affective disorder SAD

W: www.sad.org.uk

Be Inspired

Sometimes knowing of others experiences can inspire us too and maybe help us feel less alone. If life is feeling challenging, these links maybe of interest, also, a place to contact, if you would like to share your story, to inspire someone else. We all have a story to tell if we want to share it with others. You are unique, your life is unique and you matter. We are grateful to all those who shared their stories here:

Humans of Scotland

W: www.alliance-scotland.org.uk/humansofscotland/

Men Matter Scotland podcasts

W: podcasts.apple.com/us/podcast/men-matter-scotland-mens-mental-health-charity/id1449163150?i=1000441383852

Mind waves a space for people with something to say about Mental Health

W: www.mindwavesnews.com/

Bereaved by the Death of a Baby or Child

The Lullaby Trust

W: www.lullabytrust.org.uk/bereavementsupport/

Scottish Care & Information On Miscarriage

W: www.miscarriagesupport.org.uk

Scottish Cot Death Trust

W: www.scottishcotdeathtrust.org

Bereaved by the Death of a Pet

Blue Cross for Pets

W: www.bluecross.org.uk/pet-bereavementand-pet-loss

Bereaved by Murder

Petal Support

W: www.petalsupport.com

Bereaved by Suicide

W: www.touchedbysuicidescotland.org

W: www.uksobs.org

Also support available through many of the services listed



Carers Support

Work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

W: www.carers.org

Glasgow West Carers Centre

W: www.carers.org/partner/

T: 0141 959 9871

glasgow-west-carers-centre

GAMH Young Carers Project provides support to young people aged 12-21 caring for a family member with a mental health problem.

W: www.gamh.org.uk/project/young-carers

Kinship Carers

W: www.glasgow.gov.uk

Young Carers Glasgow West Carers Centre

W: www.carers.org

T: 0141 959 9871

Confidential Anonymous Services

Gamblers Anonymous Scotland

W: www.gascotland.org

Narcotics Anonymous

W: www.ukna.org

Over Eaters Anonymous

W: www.oagb.org.uk

Criminal Justice Service Support

W: www.sacro.org.uk/services

Crisis and Suicide

Beyond Blue *also has advice*

W: www.beyondblue.org.au/the-facts/suicide-prevention/worried-about-suicide/talking-to-someone-about-your-suicidal-feelings

Chris's House

W: www.chrisshouse.org

T: 01236 766755

Crisis Text Line

W: www.crisistextline.uk/

Text **SHOUT** to **85258** in the UK to text with a trained Crisis Volunteer

The Samaritans free phone number is **116 123**

Zero Suicide Alliance

W: www.zerosuicidealliance.com

Dealing with Loss and Grief

W: www.helpguide.org/articles/grief/helping-someone-who-is-grieving.htm

W: www.helpguide.org/articles/grief/dealing-with-a-breakup-or-divorce.htm

W: www.helpguide.org/articles/parenting-family/children-and-divorce.htm

Families Affected by Someone's Imprisonment

W: www.familiesoutside.org.uk

Finance

(as money worries can affect our wellbeing)

CAP (Christians Against Poverty)

W: www.capdebthelp.org

T: 0800 328 0006 (free phone)

Drumchapel Money Advice

W: www.dmac.btck.co.uk

T: 0141 944 0507

(also do some outreach)

Money Advice Scotland Helpline

0800 731 4722 (free phone)

One Parent Families Scotland Welfare Rights and Money & Debt Advice for Single Parents

W: www.opfs.org.uk

T: 0141 847 0444

Welfare Rights Social Work Team Glasgow City Health and Social Care

Partnership North West Area Services Mercat 2.

Glasgow G15 8NA

T: 0141 276 4300

Drumchapel CAB

W: www.cas.org.uk

T: 0141 944 2612

(Drumchapel) also offer outreach in Yoker

Check your local library and see if it has a Universal Credit Hub

W: www.glasgowlife.org.uk/libraries/workmoney-and-learning/welfare-and-benefitsadvice

W: www.scottishtrustdeed.co.uk/free_debt_advice/debt_help_scotland

Also speak to your housing or mortgage provider who maybe able to help



Helplines

Breathing Space

T: 0800 83 85 87 (free phone)

Weekdays: Monday-Thursday 6pm to 2am

Weekend: Friday 6pm-Monday 6am

CALM (Campaign Against Living Miserably) for men

T: 0800 58 58 58 (free phone)

5pm - midnight daily

Web chat page

W: www.thecalmzone.net/help/webchat/

Childline for children and young people under 19

T: 0800 1111 (free phone)

Hopeline UK is a confidential support and advice service for young people under 35, or anyone concerned about a young person

T: 0800 068 41 41 (free phone)

Text: 07786209697

Email: pat@papyrus-uk.org

Weekdays: 10am-10pm

Weekends: 2pm-10pm

Bank Holidays: 2pm-10pm

The **LGBT Helpline** is open every Tuesday and Wednesday between 12-9pm on **0300 123 2523**. Calls are charged at local rates, no extra charges.

You can also email the helpline confidentially

Email: helpline@lgbthealth.org.uk.

W: www.lgbthealth.org.uk/services-support/helpline/

Parentline

W: www.children1st.org.uk/help-for-families/parentline-scotland/

T: 08000 28 22 33 (free phone)

Silverline for older people

T: 0800 4 70 80 90 (free phone)





Overcome Isolation Including Connecting with Other Parents

3D Drumchapel

W: www.3ddrumchapel.org.uk/index.php/services/dad-s-work/74-dads-work.html

Axis Health Hubs

W: www.axishealthhubs.org.uk/

The Annex

W: www.annexcommunities.org.uk/

Drumchapel Life and the Phoenix Centre

W: www.drumchapelife.co.uk/

Drumchapel Cycle Hub

Facebook: www.facebook.com/drumchapelcyclehub/

Drumchapel Parents Network Hub

W: www.parentnetworkscotland.org.uk/drumchapel-hub

Drumhub

Facebook: www.facebook.com/drumhub15/

Find out what is happening on the LOOP

Facebook: www.facebook.com/theLOOPDrumchapel/

Good Morning Service

W: www.goodmorningservice.co.uk/

The Glasgow Club

W: glasgowclub.org/FitnessClasses/Pages/fitness-details.aspx?cn=Tea%20Dance

Knightswood Connects

Facebook: www.facebook.com/KnightswoodConnects/

The weekdaywow Factor

Facebook: www.facebook.com/weekdaywowfactor/

Parents

One Parent Families Scotland Single Parent Family & Crisis Support *provided through one to one meetings, home visiting service & group support*

W: www.opfs.org.uk

T: 0141 847 0444

Peer Support

Brothers in Arms together

W: www.brothersinarmsscotland.co.uk

Chance to Change

Contact Yoker Campus for more information

The Compassionate Friends (Peer Support)

W: www.tcf.org.uk

DRC Generations

W: www.drcgenerations.org.uk

T: 0141 584 3211

Men Matter Scotland Drumchapel

Facebook: www.facebook.com/MenMatterScotland

Mind the Men

Facebook: www.facebook.com/mindthemen

Menopause café

W: www.menopausecafe.net

Parent Network Scotland

PNS uses an innovative combination of peer-led methods with parent group leaders receiving support and supervision through their network meetings.

W: www.parentnetworkscotland.org.uk

Facebook:

www.facebook.com/parentnetworkscotland/

Promising links

Contact Drumchapel sports centre for more information

Women Matter Scotland Drumchapel

Facebook:

www.facebook.com/Women-Matter-111587720181772/

Recovery Issues

ADDAction

W: www.addaction.org.uk

Alcoholics anonymous

W: www.alcoholics-anonymous.org.uk

Community Addiction Team (CAT)

W: www.nhsggc.org.uk

T: 0141 276 4330

DrinkWiseAgeWell

W: www.drinkwiseagewell.org.uk

North West Recovery Community

W: www.nwrc-glasgow.co.uk

Support for Others Affected by Someone's Addiction

W: www.al-anonuk.org.uk

Scottish Families Affected by Alcohol and Drugs

W: www.sfad.org.uk

FASS Family Addiction Support Service

W: www.fassglasgow.org

T: 0141 420 2050

Self-care and Self-management Tips

W: www.bipolarscotland.org.uk

W: www.cope-scotland.org

W: www.lifelink.org.uk/helpful-materials/for-adults

W: www.lifelink.org.uk/helpful-materials/for-young-people



Services and National Groups

Health and Social Care Alliance

Their vision is for a Scotland where people of all ages who are disabled or living with long term conditions, and unpaid carers, have a strong voice and enjoy their right to live well, as equal and active citizens, free from discrimination, with support and services that put them at the centre.

W: www.alliance-scotland.org.uk

Scottish Autism

T: 01259 720044 (to speak to an Autism Advisor)

T: 01259 222022

W: www.scottishautism.org

Child Bereavement UK

W: www.childbereavementuk.org/forfamilies/death-of-a-baby-or-child

COPE

One to one pragmatic solution focused support in West Glasgow. Covers West Glasgow only for one to one.

T: 0141 944 5490

Text: 07763 743 296

Website for more info: www.cope-scotland.org

CRUSE

Bereavement Support

T: 0845 600 2227

W: www.crusescotland.org.uk/about-us.html

Deaf Scotland

W: www.scod.org.uk

T: 0141 248 2474

National Deaf Children's Society

W: www.ndcs.org.uk/about-us/our-workacross-the-uk/scotland

T: 0808 800 8880

GAMH promote the mental health and wellbeing of people and their communities.

W: www.gamh.org.uk

T: 0141 552 5592

LGBT Youth

W: www.lgbtyouth.org.uk

Text: 07786 202 370

Lifelink Glasgow provides one to one counselling, stress management and workshops also for young people.

W: www.lifelink.org.uk

Lifelink Youth

W: www.lifelink.org.uk/youth

T: 0141 552 4434

MacMillan Cancer Support

Offer outreach from local libraries

W: www.glasgowlife.org.uk/libraries/macmillan-glasgow-libraries

(For a library near you)

The Moira Anderson Foundation is a National

Charity dedicated to supporting those affected by childhood sexual abuse. Support to children and adults.

W: www.moiraanderson.org

T: 01236 602890

SMSW: The Fifth Sense for people who are affected by smell and taste disorders.

W: www.fifthsense.org.uk

Sandyford Central

Sexual Health Service

W: www.sandyford.org

The Spark

Counselling and Relationship Support

W: thespark.org.uk

Statutory Mental Health Services PCMHT CMHT CAMHS

Their aim is to improve the quality of life for anyone whose mental health problems or mental illness has a serious impact on their life and on the lives of others, including family members, friends and supporters.

Speak to your GP

W: www.supportinmindscotland.org.uk

Tom Allan Centre

Counselling service

T: 0141 221 1535

W: www.crossreach.org.uk

Visibility

W: www.visibility.org.uk

T: 0141 332 4632

Stress

W: www.stressbusting.co.uk

Many of the services also offer stress management advice

The Menopause

W: menomartha.com

W: www.menopausecafe.net

Videos Providing Learning Suicide Awareness

Mental health and suicide prevention learning resources. NHS Health Scotland and NHS Education for Scotland (NES) were jointly commissioned to develop these as part of the Scottish Government's 'Suicide Prevention Action Plan'.

Ask, Tell, Save a Life: Every Life Matters

W: vimeo.com/338176393

This animation explores the issue of suicide, including statistics and facts about suicide in Scotland. It helps learners understand the signs that people may be thinking about suicide, and how and when to provide immediate help and support.

Ask, Tell, Have a Healthy Conversation

W: vimeo.com/338176444

This animation gives practical tips about how and when to have compassionate conversations with people who may be feeling suicidal or experiencing mental distress. It highlights the range of communication skills that should be used including listening, questioning and responding skills. It also provides information on how to get immediate help and support.

Ask, Tell, Look After your Mental Health

W: vimeo.com/338176495

The animation explores what mental health is and that we all have mental health. Factors that can affect our mental health are explored, including how we can promote good mental health and respond compassionately to people who may be experiencing mental distress

Further online training on suicide awareness

W: www.zerosuicidealliance.com



wee changes can make a big difference to lifting your mood

Diet

Some foods due to their content can be good for lifting mood, like fish such as Mackerel, tuna, also walnuts and egg yolks. Maybe speak to your pharmacist about supplements, try and eat a balanced diet.

Move more

Exercise helps produce feel good hormones and neuro transmitters which can help lift mood, even starting a short walk, every day is a step in the right direction, sometimes when our mood is low we can't be bothered, but finding a way to be active 30minutes each day could make a real difference.



Avoid self-medicating with non-prescribed drugs or alcohol, especially if you are having thoughts of suicide

Taking non-prescribed drugs or misusing alcohol can make us feel worse, may even lead to addiction. Alcohol is a depressant, so lowers your mood even more. It's dangerous self-medicating with drugs and/or alcohol when you have thoughts of suicide, as you maybe more likely to act on those thoughts of killing yourself and you could die. If you feel you are using non-prescribed drugs or alcohol to lift your mood, speak to your GP who can advise you of services you may find helpful. There are other things which can help lift your mood in a healthier way. If you are having thoughts of suicide, speak to someone straight away.

How you talk to yourself

Self-talk, and body language is so important in lifting mood, if we slouch, tell ourselves how awful we feel, how pointless it all is this will make us feel even worse, become aware of your self-talk maybe read COPE's wee changes on improving self-talk www.cope-scotland.org

When we may need to speak to someone about how we feel

Sometimes low mood is a reaction to something which has happened in our lives and it maybe we need to go and speak to someone about this to help us work through the feelings arising from this. Speak to your GP about services they can refer you to for more support.

If you are having thoughts of suicide, tell someone

If your mood is so low you are having thoughts of suicide, speak to someone straight away, the Samaritans have a free phone number 116 123, there is also Breathing Space 0800 83 85 87, also speak to your GP about services which can offer support, also are there friends or family members who you could talk to about how you are feeling? You are not alone, there are people who care, and yes sometimes it takes time to find them, but it is worth the effort, your life matters.

Do something which distracts you

Get involved in something, distract yourself, clean out those drawers that keep sticking as full of paper, or rearrange the furniture, or listen to upbeat music. Sitting thinking about how low you feel will not help. Our physical environment can reflect how we feel inside, sometimes when we are feeling low we neglect the house so give it a spring clean, it will feel better for it and so may you.

Be kind to yourself

Pamper yourself, do something which makes you feel special as you are very special, sometimes when our mood is low we neglect ourselves, then when we look in the mirror we say unkind things to ourselves, be kind to your body and your mind. Practice mindfulness and even when your mood is low find something each day to be grateful for and appreciate.



Give it time

Remember this too will pass, it's like rain, telling the rain to stop, won't make the rain stop, but it won't rain for ever, sunny days will come back, sometimes its recognising that things take time and giving it and yourself time.

Smile even when we don't feel like it, as this is when we need a smile most

You matter, be kind to yourself, from the beginning of time till the end of time, there will only ever be one you, you are a unique and special human being. Smiling, laughing, watching comedy programmes can all help lift our mood too, so please give some of these tips a go, they may just help make you feel a wee bit better.

wee changes can make a big difference to help keeping you warm over winter



Clothes

May seem obvious but layering clothes and wearing a hat and socks can help keep you warm, including wearing a hat indoors if very cold and slippers.

Block draughts

Check if you have any drafts and block them up with draught excluders, find local sewing or craft group and make your own can be cheaper and get you out and meet people. Use curtains ideally with a thermal layer, open them during the day to let sunlight in and close them in the evening. Maybe think about installing a door curtain if your front door is very draughty, or put a flap over the letter box inside the house.



Diet

It's important during a cold spell you eat well, if money is tight this can also be a challenge. Look for deals in supermarkets like 2 for 1 on porridge, this is a healthy meal to help keep you warm and can be eaten any time of day. Also soups even cuppa soups are something to warm you up or make your own with stock cubes, vegetables, noodles, chicken stock and noodles cheap and cheerful chicken noodle soup. For more ideas on cooking on a budget look out for local cookery classes these are often free.



Being warm in bed

If your home is cold wear a hat to bed to help keep the heat in, try if possible to have a warmer tog quilt, this can also be brought into the living room to snuggle in if the weather is cold. Throws and fleece blankets add another layer of warmth to your bed as well as being something else to use to stay warm if wrapped around you in the living room.

Staying warm across the generations

We feel the cold differently depending on age and physical health, it's important to make sure any younger or older family member's needs are also met as well as anyone with a health condition. Make sure you receive the benefits you are entitled to, speak to Citizen's Advice. If someone has poor circulation in their hands and feet, heated insoles and gloves could be a good choice.



Gizzmos which can help

You can get meters which tell you how much energy you are using. Become aware of items which are high cost e.g. kettles, only boil what you need or if you boil more keep it in a flask till the next time you need it. If you have radiators, explore with advice centres or housing providers using foil or radiator reflectors to stop wasting heat from the back of the radiator, if your radiator is under the window maybe explore putting a shelf above it to stop heat being wasted. But don't put anything on the shelf.

Mobility in winter

If you have mobility issues or use a wheelchair you may find it challenging to stay warmer in winter, a wheelchair cosy can help this as well as make sure if you are out you wear something waterproof. Speak to your health care advisors about specific tips to meet your needs.

In winter it's tempting to not move and just snuggle on the couch, the wintry weather is more reason to keep doing some form of exercise e.g. yoga practice to develop an internal heat that keeps us healthy and warm. Check out FREE opportunities to be active in your area.



Use heating wisely

If you have central heating, turning the heating down a wee bit may help you keep the heating on longer, use a thermostat to see how warm your house is, in general most homes in UK are between 18 and 20 degrees Centigrade. Use layers of clothes and fleece throws to help keep warm. However, as already stated if you have specific health conditions or other vulnerabilities to the cold seek advice around how your needs can be met. If you don't have central heating, heat the rooms you use most and keep the doors closed on those you don't so cold air doesn't travel. Energy suppliers can vary in costs, shop around and make sure you are getting the best deals.

These are only some tips, for more advice contact:

Home Energy Scotland: 0808 808 2282

Compare energy deals: www.energycompare.citizensadvice.org.uk/

Citizens Advice Bureau: www.citizensadvice.org.uk/scotland/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-schemes-to-help-you-save-money-on-energy-bills-s/

Macmillan Cancer Care: many local libraries have outreach services or visit www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support

Age UK: www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/preparing-for-winter/

Maybe check out other local services and groups in your area including local money advice centres.

Maybe see if you can register as a priority services customer, for more info www.ofgem.gov.uk/consumers/household-gas-and-electricity-guide/extra-help-energy-services/priority-services-register-people-need

Sometimes worrying about money can affect our mental health, if this is an issue for you, see what services you can connect with locally. These helplines may also be useful. You don't need to be alone with this, there are people who care, sometimes it takes time to find them, but they are there

The Samaritans: free phone number is 116 123

Crisis Text Line: www.crisistextline.uk or Text SHOUT to 85258 in the UK to text with a trained Crisis

Volunteer

Breathing space: 0800 83 85 87

Little Self-Care Tips

as ever if in doubt check with your GP

♥ Find a book you enjoy and read for at least 6 minutes each day, or, listen to a talking book. Pop into your local library which has a great selection of books and materials which are free.

♥ Make time every day to do something to relax e.g. here is a link to a 3min relaxation video.

W: www.cope-scotland.org/index.php/videos/video/relaxation-in-just-3-minutes

♥ Find something which helps you get distracted from negative or anxious thoughts e.g. playing a game of patience, or many people have found Mindful colouring in very good for helping to switch off for a few minutes.

♥ Make sure and drink enough water and eat regularly try and include fruit and veg every day in your diet.

♥ Listen to music which you find uplifting, make your own playlist to inspire you, have a look at this work by See Me and Young People for inspiration.

W: www.seemescotland.org/young-people/resources/campaigns/run-your-feels-fm-activity/



♥ Every day try and find some time to do a bit of movement, can be dancing to your favourite song. Walking the dog, playing with the kids, vigorous housework, something which helps you stay active.

♥ Get out in nature, even looking at pictures of nature can be good for us, there is a lot of work now looking at Ecotherapy have a look here for more info.

W: www.ecotherapy-scotland.co.uk

♥ Make a joy jar, or appreciation jar, write things to inspire or offer joy in little bits of paper, pop into a jar you can also decorate and whenever you feel the need for inspiration take one of the pieces out and have a read. Please make sure whatever you put in the jar is something which brings you joy or inspiration when you take it out.

♥ Give someone a hug, cuddles are good for us. If you don't have a person to hug just now, hug a pet if it wants it. If no-one of this is in your life just now, hug a cushion or cuddly toy and maybe begin to explore ideas for building more connections in your life with other people. There are many opportunities to find and connect with new people sometimes we just have to take the chance of going out and meeting them.







Produced by
COPE Scotland
www.cope-scotland.org
@COPEScotland

