

Fact Sheet on:



Mental Health Resources

How to get in touch:

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(pronounced Kier-tis) is a Gaelic word for equality, fairness and justice.

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This fact sheet provides details of other organisations within the East Dunbartonshire area that can provide help and support to those who have mental health issues.

What is mental health?

Mental Health affects us all. How we think and feel about ourselves and our lives impacts on our behaviour and how we cope in tough times. It affects our ability to make the most of the opportunities that come our way and play a full part amongst our family, workplace, community and friends. It's also closely linked with our physical health. Whether we call it well-being, emotional welfare or mental health, it's key to living a fulfilling life.

Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions. The majority of people who experience mental health problems can get over them or learn to live with them, especially if they get help early on. Anxiety and depression are the most common problems, with around 1 in 10 people affected at any one time. Anxiety and depression can be severe and long-lasting and have a big impact on people's ability to get on with life.

What can Ceartas Advocacy do to help?

Independent Advocacy can support people with mental health issues in a variety of different ways, from supporting you at [tribunals](#) should you be detained [under the mental health act](#); through to supporting you to access suitable housing and support and dealing with benefits etc. We can also support people with mental health issues in planning for the future, for example in making an Advance Statement. For further information please phone us on **0141 775 0433** or visit our website www.ceartas.org.uk for further information.

NHS

You may wish to speak to your GP. Alternatively you can phone NHS on **111** where you will be connected to the Mental Health Hub to speak to a Psychological Wellbeing Practitioner (PWP).

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Breathing space

Breathing space is funded by NHS 24 and provides information and advice from experienced advisors for issues relating to mental health. Their helpline number is **0800 83 85 87** and you can visit their website for further information

www.breathingspacescotland.co.uk.

Connections - Richmond Fellowship Scotland

Connections offers short term support to people who are aged between 16 and 65 who live in East Dunbartonshire and are experiencing or are at risk of experiencing common mental health problems, such as depression, stress and anxiety. For more information please visit their website

www.trfs.org.uk or phone them on **0845 013 6300**.

East Dunbartonshire Association for Mental Health (EDAMH)

EDAMH provide support to adults (16+) experiencing mental ill health who live within the East Dunbartonshire area. For further information please visit their website www.edamh.org.uk or phone them on **0141 955 3040**.

East Dunbartonshire Women's Aid

East Dunbartonshire women's aid provides information, support and refuge for women who have experienced abuse. It also provides support for their children as well. For further information please phone them on **0141 776 0864** or visit their website edwomensaid@aol.com

East Dunbartonshire Police

In the event of an emergency always call **999**.
In a non-emergency situation you can speak to your local police by calling **101**.

Rape Crisis

Rape crisis provides free confidential and impartial support for women who have been the victim of male violence. They are based in Glasgow but do provide outreach work within the East Dunbartonshire area. For further information please phone them on **08088 01 03 02** or visit their website www.rapecrisiscentre-glasgow.co.uk.

Samaritans

Samaritans is a national charity that provides free confidential emotional support. They have a 24 hour helpline that provides a listening ear for people who are experiencing feelings of emotional distress or despair, including those which may lead to suicide. For further information please visit their website www.samaritans.org or phone them on **116 123**.

Scottish Association for Mental Health (SAMH)

SAMH is Scotland's mental health charity that provides information and support to those affected by mental health issues. For further information you can phone them on 0344 800 0550 or visit their website www.samh.org.uk.

Victim Support

Victim support is a voluntary organisation in Scotland helping people affected by crime. It provides emotional support, practical help and essential information to victims, witnesses and others affected by crime. For further information please contact them on **0800 160 1985** or visit their website www.victimsupport.scot