

Caring Connected Communities



Winter 2020



Supporting mental wellbeing in Winter

As the Coronavirus pandemic continues it's important that we do all we can to look after our mental health and wellbeing over the winter months. It may be dark and cold outside but there's still plenty we can do to keep ourselves - and those we care about - well.

The Joint Health Improvement Team is part of Public Health and we have worked with the local Mental Health and Wellbeing Forum and Health in Mind to bring you some tips and ideas about what you can do to look after your mental health and also highlight where you can find more help and support if you need it.

Our main message is that **you don't have to get through things all on your own**. There are many places where you can find someone to listen. Sharing your worries and knowing that someone cares can help you to cope.

So wrap up warm and have a read - there are many positive things you can do to keep well over winter!

Breathing Space has partnered up with Eden Project Communities on a winter project – keeping kindness alive. The Eden Project says “In Scotland, we're no strangers to long, cold, dark nights! And even though this winter is surely going to be a strange one, we know that with kindness and community spirit, we'll get through it”.

Don't be afraid to reach out this winter - you matter and lots of people in the Borders care. For help and support numbers see the information at the back of this newsletter. To read more about this kindness project visit:

www.edenprojectcommunities.com/winter



For updates on Facebook follow
NHS Borders Small Changes, Big Difference



For updates on Instagram follow
@small_changes_nhs_borders



Nurture

Self-care is really important at any time of year - especially over the winter months when the weather and dark nights can affect how we're feeling.

Think about what could nurture you at this time and how you could make small changes to take good care of your body and mind.

To nurture yourself you should try to eat well, drink sensibly, sleep well, recognise your stress triggers and find ways to cope with stress.

Be mindful what you spend your time and energy on and remember that it's ok to say no. Saying no can be really hard but sometimes it is the kindest thing to do for ourselves if we are already stressed or overloaded.

Getting outside in the winter months

- Being outdoors, even just for a few minutes a day, has been shown to improve your mood, help you relax and reduce stress
- Stepping outside is also a great chance to connect with others in your community and could be an opportunity to fight feelings of loneliness
- Being outside also lets you be more mindful. Try to save texts or phone calls for when you're back home. Bundle up in some warm clothes, take a walk in your local park or watch the sunset. Take notice of what's around you.



See pages 10 and 11 for information about Food, Nutrition and Budgeting



Top tips from the Mental Health Forum

"Try to get outside when it is light, even when the weather isn't good. Midday is the best time, when you will get the most Vitamin D. Wear lots of layers to keep warm and remember your hat and gloves"

"Keep the winter bugs away by taking care of your diet. A supplement of Vitamin D can help. There are food banks in the Borders and you can get help from the Community Assistance Hubs"



New Young People's guide

NHS Borders has worked with Youth Borders, Quarriers, Scottish Borders Council, Young Scot and young people across the Borders to produce a new up to date guide for young people's mental health and wellbeing. You can download a copy of the guide [HERE](#)

Read now and claim 150 Young Scot Points using code RDVNGDVC

Alongside the new publication is a new online micro-site for the Scottish Borders, hosted by Young Scot. The online content can be accessed and will be updated regularly at

<https://young.scot/borderswellbeing>

Be Kind



This year has been a difficult year for many and one thing that has helped many of us through it has been kindness. We have suffered from uncertainty, anxiety and isolation this year and although it may be difficult to change the situation, we can change how we act and respond.

Action for Happiness has published a calendar for December that has lots of ideas for encouraging kindness and keeping in touch with and supporting family, friends and colleagues. A phone call or a smile can go a long way.



KINDNESS CALENDAR: DECEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Share the Kindness Calendar with others and spread kindness	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Give kind comments to as many people as possible today	5 Make a gift for someone who is homeless or feeling lonely	6 Support a charity, cause or campaign you really care about
7 Leave a positive message for someone else to find	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Be generous. Feed someone with food, love or kindness today	12 Buy an extra item and donate it to a local food bank	13 See how many different people you can smile at today
14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Practice gratitude. List the kind things others have done for you	18 Give away something that you have been holding on to	19 Buy locally and support independent shops near you	20 Contact someone who may be alone or feeling isolated
21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat
28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2021	Let's look beyond our differences and help each other. Every act of kindness matters 		

ACTION FOR HAPPINESS

#DoGoodDecember



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

Keep Calm · Stay Wise · Be Kind

Clear Your Head

The Scottish Government launched a new website during lockdown with lots of tips to help you keep mentally well, covering the topics below.

Visit www.clearyourhead.scot for more info



**healthier
scotland**
SCOTTISH GOVERNMENT



**Keeping
active**



**Supporting
each other**



**Looking after
yourself**



**Creating
routine**



**Feeling
calmer**



Be Active

We all know that exercise is good for our physical health but it can also boost our mood, help us to sleep better and reduce stress. Making a small change to how active you are can make a big difference to your wellbeing.

Live Borders has been reopening their facilities. Some of the sports facilities have reduced capacity and pre-booking is required. Visit their website to find out more: www.liveborders.org.uk/health/reopening-our-facilities/



Walk Your Way to Health and Happiness

Some of the Scottish Borders 'Walk It' walks are happening again. Walk It has also teamed up with Living Streets to offer a 1-1 Buddy Walking project - more info from denise.carmichael@scotborders.gov.uk

Living Streets can also work with older people in their communities to overcome barriers to walking which might include concerns about road safety or places to rest.



More info from Chloe Dobson
Chloe.dobson@livingstreets.org.uk
Mobile 07850620772

Around the House in 80 Days

From Bedroom Boogie to Kitchen Capers, Age Scotland has been turning everyday activities into fun exercises. Visit the YouTube channel: www.youtube.com/user/AgeScotland/videos



Top tips from the Mental Health Forum

"Visit new places - visit gardens, parks within your area in the Borders. Being out in nature helps - there is birdsong and other animals to spot outside"

"Meet up with a friend for a coffee or a hot meal" "Even the snow can be fun!"

"There are lots of online exercise classes that people found helpful during lockdown. If people are anxious about going to gyms you can exercise at home"

"You can get Tai Chi and Yoga online and there is lots of stuff on You Tube. Classes are also open again locally"

"If you want to swim then you can book with Live Borders and you can join a fast, medium or slow lane"

Keep yourself active and strong over winter with NHS Inform

Visit this page for Strength and Balance exercises

www.nhsinform.scot/healthy-living/preventing-falls/keeping-well/strength-and-balance-exercises



Do you have joint pain?



For self-care advice on common aches and pains

www.nhsborders.scot.nhs.uk/mskphysiotherapy

Belong



This year, you might not be able to connect with your friends and family in the way you normally do. At a time of year when we're used to coming together, this can have a negative impact on our mental wellbeing, particularly on feelings of loneliness. Here's some of **Health in Mind's** tips for things that you can do to help feelings of loneliness:

Give someone a call

Take the time to speak to your friends and family on the phone

Find sources of comfort

Look after yourself and do things to help you relax - you could light some scented candles, have a warm bath, and cook yourself a nice comforting meal.

**Health
in Mind**

Plan some fun activities

You could look to bake something festive that you've never tried before or have a go at creating some handmade presents

Send someone a card

Write to your family, your loved ones, or even put a #WritingToSayHello postcard through your neighbour's letterbox

Top tips from the Mental Health Forum

"Watch a film at the same time as a friend – give them a call so that you can chat about the film – it's important to connect with other people."

"Write a letter to a friend – it's lovely to receive a letter and you don't need any technology, just pick up a pen and paper."

Support to get online

The Scottish Borders is taking part in the Connecting Scotland initiative to provide digitally excluded households with devices, skills training and technical support so they can get online.

Although it's not possible to apply directly for this digital support at the moment, a national helpline is available to connect vulnerable people with support.

Tel: 0800 111 4000



**YOU ARE INVITED:
VIRTUAL
CHRISTMAS PARTY**

Alzheimer Scotland

will be holding a virtual Christmas party this year on Wednesday 16th December. To find out more and book a place email Rebecca Rogers RRogers@Alzscot.org





Enjoy and Learn

Top tips from the Mental Health Forum

“There are places you can get free magazines, like two weeks free at the Readly App”

“Do something creative - try painting, drawing, baking, knitting or crochet”

“Music can help you through dark days - singing, listening to or playing music”

“Genealogy - you can research your family history at Scotland’s People website or Genes ReUnited, or Find My Past website”

“Open Learn has lots of free courses - try the Open University”

“Remember to keep mentally active as well as physically active - do a crossword or word-search, read a book or newspaper, learn a language, play a game”

Libraries – Connect and Collect service

A mobile library van is currently acting as a collection point for reader reservations and is visiting towns in the Borders – you can order books through the Live Borders Libraries online catalogue, or over the phone, and then pick them up from the mobile library.

To order books over the phone, simply call the Library HQ on 01750 726400 and you will get through to a member of the team, lines are open Monday to Friday from 11:00am to 3:00pm

If you have a computer or smartphone – find out more here:

www.liveborders.org.uk/culture/libraries/connect-collect/



Music can help you change the way you feel - Tees, Esk and Wear Valleys NHS Foundation Trust has kindly let us link to their online Recovery College music playlists - visit their website to listen.

www.recoverycollegeonline.co.uk/

Wellbeing College courses - What’s coming up?

Visit the Health in Mind Website for more information about courses wellbeingcollege.org.uk

Origami Festive Crafting - 11th December

Make your own upcycled origami festive decoration – online via Zoom.

Aromatherapy Taster - 15th December

Find out more about aromatherapy at this online introductory session.

Our selection of online self-study sessions on our [website](http://wellbeingcollege.org.uk) includes:

- What is Mental Health Recovery?
- Identifying and Managing Stress
- Recognising and Understanding Loss
- Natural Wellbeing

You can register your interest via the website or phone the Wellbeing College to find out more on 01896 807000

Wellbeing College
Exploring Resilience & Recovery in the Borders



Be Aware



Paying more attention to the present moment, being aware of your thoughts, feelings and surroundings can make a difference to how you feel. This is called mindfulness and there are lots of ways to become more mindful. **Health in Mind** has given us the following mindfulness and relaxation ideas for you to try:

Meditation

Take some time to sit quietly and focus on your breathing, your feelings, and the world around you. You may find it helpful to pick a regular time to practice mindful meditations - there are lots of apps like Headspace and Calm to guide you.

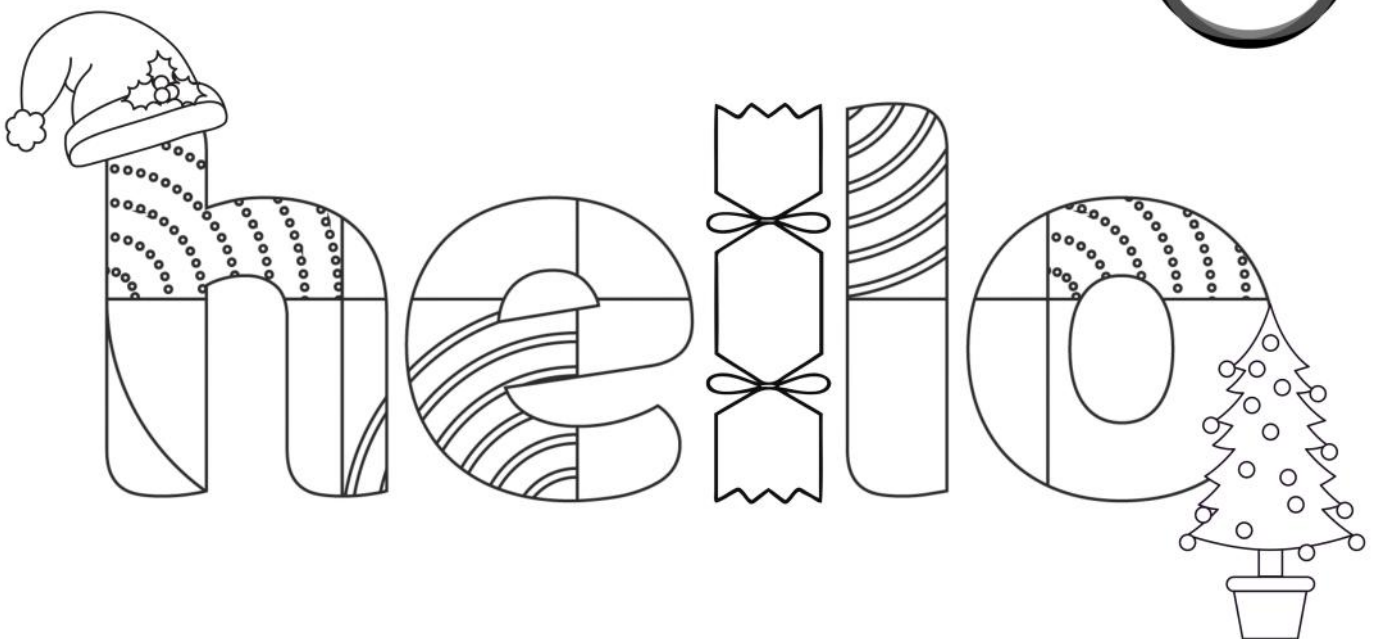
Mindful colouring and drawing

Focus on the colours and how your pen or pencil feels on the paper. There are lots of mindful colouring books that you could try. You could colour in the **#WritingToSayHello** postcard below - write a message overleaf, cut it out and send it to a friend.

Try belly breathing

If you try one of these three breathing exercises, pay attention to how you respond and stop if you feel uncomfortable or strange in any way.

1. Place one hand on your chest, and one hand a few inches above your belly button - try to breathe into the hand on your belly.
2. Hug yourself with your hands on opposite shoulders (this helps to send the breath down) and breathe into your belly.
3. Take three sips of air in and then a steady long exhalation. If you feel that the third sip strains your shoulders, just do two .



Connect is one of the five ways to wellbeing.

Connecting with the people around you is important for your mental wellbeing. Send this festive postcard to someone and show them that you're thinking of them.

Having a digital Christmas



We might not all be able to get together in big groups with our families and our loved ones this year. Lots of us are getting ready to have a 'digital Christmas', so Health in Mind is sharing their top tips about what you can do to still make it special.

Get everyone together online

Think about what your favourite festive traditions are, and schedule in some time with your family where you can do them online. You could all come together online to cook your Christmas meal or watch the same festive movie at the same time.

Play online games

A big part of Christmas for many people is playing games, from charades to Pictionary. This year, you could play these games online, so you can still have a fun activity to do together.

Make something

Taking the time to make something can be great for our mental health. Spend some time during the day knitting, drawing, or whatever takes your fancy! You could even send it as a present to a loved one too, to let them know you're thinking of them.

Listen to Christmas music

Things might feel a little quieter than usual, so why not put on some of your favourite Christmas songs to play in the background or have a dance around the kitchen!

HEALTH IN MIND POSTCARD: If you can print these pages out double sided you can cut out the postcard. You can also download it from the Health in Mind web site by clicking [here](#)

www.health-in-mind.org.uk

Health in Mind is a Scottish charity with your mental health at heart

[#WritingToSayHello](#)

We rely on donations and fundraising to provide mental health support to people living in Scotland. To support our work please visit our website or call 0131 225 8508.

Health in Mind is a charity, registered in Scotland SC004128 and a company limited by guarantee, registered in Scotland SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT.

Coping with grief this Christmas period



Losing a loved one, no matter what the circumstances, is one of the most difficult things that we can go through. It can be even tougher during the festive period, when it seems like people are celebrating around you or when restrictions mean that you can't see your support network the way you normally do.

With all the changes happening due to COVID-19, it is understandable to miss 'normal' life and mourn the loss of what you missed in 2020. We're feeling a shared sense of grief during this time but are experiencing it in very different ways. There are no set rules to grieving. Here are some ideas on how to cope with your grief during the festive period:

Have a plan

Take some time to think about which festivities you feel comfortable participating in, and which ones you don't. Decide what you want to do around the festive period and know that it's okay to say 'no'. If current restrictions mean you can't get together in-person with your loved ones, think about other ways that you can all come together so that you still feel connected and supported.

Keep a routine and look after yourself

With everything that's going on across the festive period, it might mean that you can't keep to your usual routines. This can often make it easy for people to forget to look after themselves. Simple things like sticking to regular sleeping patterns and eating well can have a real impact on our wellbeing.

Do something to remember your loved one

Thinking about ways you can remember your loved one can be a comforting way to celebrate their life and keep their memory close this Christmas. You could hang something special on your tree, look at old photos, or cook their favourite meal.

Ask for help when you need it

Christmas can be a hard time for many of us, but it can be more challenging when you're trying to cope with grief. It's okay to ask for help when you need it, so do try to open up and make the time to connect with those around you, even if it's online. You can find a list of helpful organisations on the next page of this newsletter.

Top tips from the Mental Health Forum

"Light a candle for your loved one to remember them"

"Cruse Bereavement Care can provide support for people coping with grief - their helpline number is 0808 8081677"



Get help to get connected!

Would you like help to keep in touch, shop online, fill in forms or learn new skills? If you're an older person who would like to feel more confident using digital technology then help is at hand from a new Digital Buddies scheme.

outside the box



If you are interested in being part of digital buddies or know someone who you think would benefit please contact Christine: **Email: Christine@otbds.org or Tel: 07921 265515**

Food, Nutrition and Budgeting

Saving on the food bill can be tricky yet with a bit of planning and motivation you can save on the overall food bill and still be able to have a nutritious diet. These tips have been prepared by Health Improvement Specialists in Nutrition at NHS Borders and are good to keep in mind over the winter months.

Remember food is fuel for the body and keeps you energetic and warm, so it's important to eat regularly. Keep an emergency food cupboard with dry ingredients and tins like fish, beans, vegetables and fruit for days when getting out can be difficult or money is running short.

Nutrition Tips

- ◆ **Potatoes, rice, pasta & bread are cheap and filling.**
Keep the skin on potatoes for more fibre and Vitamin C. Wholemeal and wholegrain versions of rice, pasta and bread are more filling and add variety, flavour and texture to your meal.
- ◆ **Fruit and vegetables in season are cheaper – so eat plenty!**
Tinned (in fruit juice or water), frozen and dried versions all count.
- ◆ **Water is an excellent drink and can be consumed at any comfortable temperature**
- ◆ **Breakfast cereals (except the sugar coated varieties) are nutritious and cheap. Enjoy at any time of the day.**
- ◆ **Cheaper cuts of meat can be nutritious.**
Trim off visible fat and drain off any remaining fat whilst cooking.
- ◆ **Bulk out your meals - beans, lentils and other pulses are nutritious and often cheap to buy.** Add to dishes and reduce or replace the amount of meat.



Six Ways to Be Well in the Scottish Borders

'Six Ways to Be Well in the Scottish Borders' is a booklet about different ways of looking after your mental health and wellbeing.

It has information about what people can do to keep themselves well and links to community based support across the Borders.

To see the full booklet and other wellbeing resources visit
www.nhsborders.scot.nhs.uk/six-ways-to-be-well



Nutrition and Budgeting Tips

◆ Economise

- Don't throw away leftovers. Freeze/refrigerate to use another day.
- If using the oven - use it for the complete meal.
- Microwaves can cook a variety of food quickly and efficiently and use less energy than an oven.

◆ When making a shopping list

- Check your store cupboard and fridge.
- Plan meals in advance.
- Plan to buy foods that can be used to create different meals.

◆ Whilst shopping

- Supermarket brands can be cheaper.
- Look for food with the longest use-by date
- Check out promotions
- Buy in bulk when it is practical and financially feasible.

◆ When cooking

- Make meals from basic ingredients.
- One pot meals save time and fuel.
- When cooking vegetables use a little water and cover the pot with a lid. Turn heat down as soon as they are boiling.
- Use a spoon to pour oil and use in limited amounts.
- Shop and cook new foods in small portions. Buy larger quantities when you know you like it.

Eat Well for Less

For tips on healthy eating without spending more, recipes, the NHS Eat Well Guide, and other tools for healthy eating, visit www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/



Support to improve your wellbeing

NHS Borders Wellbeing Service offers support to people who are wishing to improve their health and wellbeing in one or more of the following areas:

- Being more active
- Eating more healthily
- Quitting smoking
- Emotional wellbeing



Wellbeing Service
Live Well Feel Better

For more information visit the website or phone your GP surgery.

www.nhsborders.scot.nhs.uk/wellbeing

Money Advice

The money advice service has been set up by the UK government to give free impartial guidance on money matters.

If your finances have been affected by coronavirus you can get free personalised help with the Money Navigator tool.

TEL: 0800 138 7777 (Mon- Fri 8am -6pm)

Typetalk, Webchat and WhatsApp also available

www.moneyadvice.service.org.uk



Warm Home Discount Scheme

You could get £140 off your electricity bill for winter 2020 to 2021 under the Warm Home Discount Scheme.

The money is not paid to you - it's a one-off discount on your electricity bill, between September and March.

You may qualify for the discount if you get the Guarantee Credit element of Pension Credit. If you are eligible this way, you can get help to apply by phoning:

Warm Home Discount helpline

Telephone: 0800 731 0214

Low income?

You may also be eligible for the Warm Home Discount Scheme if you are on a low income. You'll need to check with your electricity supplier as the number of discounts is limited.

'Light up their Life' for those Bereaved by Suicide

In early December, people in the Borders were invited to remember someone they lost to suicide by creating a willow lantern which they could then have added to the 'Cloutie Tree' at The Haining in Selkirk.

A film featuring these lanterns and the memorial tree has been commissioned to create a lasting legacy of the project. The film, being produced by Alchemy Film & Arts, will also aim to help tackle the stigma some people experience when bereaved by suicide. The finished commission will be part of the Scottish Mental Health Arts Festival in May 2021.

For more info email:
health.improvement@borders.scot.nhs.uk



The Cloutie Tree is at The Haining in Selkirk. Take the path to the left of the house, walk for about 5 minutes, the tree and ribbons are up the banking on the left.

Survivors of Bereavement by Suicide

If you've lost someone to suicide you can contact SOB's for support:

National helpline between 9am-9pm on 0300 111 5065

More info: www.uksobs.org

Scottish Borders SOB's coordinator Gwen on 07561 319 864



You Matter, We Care - Don't go it alone

Rather than letting problems get out of hand, phone Breathing Space, Scotland's emotional support helpline

Breathing Space is part of NHS24 and you can call free on 0800 83 85 87 Monday - Thursday from 6pm - 2am and then Friday 6pm - Monday 6 am.

You can also download the FREE 'Little Book of Caring Ways' booklet at www.breathingspace.scot/news/2020/new-booklet-available-now/



**citizens
advice
scotland**

Welcome to the Money Map

Citizens Advice Scotland Money Map can help you to find sources of online support to:

- Increase your income
- Reduce your bills
- Ease the costs of daily living

Find out more: www.moneymap.scot

Citizens Advice Bureau branches:

Central Borders area - 01896 753 889

Hawick - 01450 370 119

Eyemouth - 01890 750500

Duns - 01361 883 340

Kelso - 01573 223 516

Peebles and District - 01721 721 722



Don't go it alone.
Being listened to, and knowing that someone cares, can help you through a difficult time.

Open up when you're feeling down.

0800 83 85 87
www.breathingspace.scot
#youmatterwecare



SAMARITANS **CALL 116 123**

Whatever you're going through, you can call any time, from any phone for FREE. You can also email jo@samaritans.org

If you work in health or social services then you might be interested in the new website and helpline to help look after the emotional and psychological wellbeing of Scotland's health and social services workers.

Visit **www.promis.scot** for resources or for emotional support ring the National Wellbeing Helpline on **0800 111 4191**



National Wellbeing Hub
For people working in Health and Social Care



www.promis.scot

Local and national organisations that could be of assistance

In addition to the services listed here, there are other mental health services available in the Scottish Borders. Access to some of these services is by a referral from your GP.

For the full range of the mental health services available, visit www.nhsborders.scot.nhs.uk/wellbeingpoint and click on 'Your local Mental Health services'

LOCAL SERVICES	Hours of Operation	Website/Email Additional Info
Borderline A freephone helpline for adults in the Scottish Borders who are experiencing emotional distress	7 days a week 7pm-10pm	0800 027 4466
GP Surgeries	Mon - Fri Daytime	www.nhsborders.scot.nhs.uk
Wellbeing Service	Mon - Fri Daytime	01896 824502 www.nhsborders.scot.nhs.uk/wellbeing
Community Assistance Hubs	Mon - Fri Daytime	0300 100 1800 select option 7 (Scottish Borders Council Customer Advice and Support)
Foodbanks To find one near you, contact the Community Assistance Hub in your area. You can also search online on the Trussell Trust website		0300 100 1800 select option 7 (Scottish Borders Council Customer Advice and Support) www.trusselltrust.org/get-help/find-a-foodbank/
Local Area Co-ordination Team for Mental Health	Mon - Fri Daytime	01896 664155 Email: lac@scotborders.gov.uk Adults age 18 and over
The Child and Adolescent Mental Health Team (CAMHS)	Mon - Fri 9pm - 5pm	GP referral for Children and Young People Queries 01750 23715
Quarriers Resilience for Wellbeing	Mon - Fri 8.30am - 6pm	Email borders@quarriers.org.uk Children and Young People
Mental Health services	Mon - Fri Daytime	0300 100 1800 (Scottish Borders Council Customer Advice and Support)
Domestic Abuse Advocacy Support Service		Phone: 01835 825024 Phone/text: 07584149391 Email: support@sbrcc.org.uk
We Are With You Borders For Individuals over the age of 16 yrs who are concerned about their alcohol and/or drug use.		Freefone 0800 0286664 Or 01896 757 843 (Local charges apply)

NATIONAL SERVICES	Hours of eration	Op-	Website/Email Info	Additional
NHS 24 NEW Mental Health Hub	24 / 7		www.nhs24.scot 111	
Samaritans	24 / 7		116 123 (24hrs/day) Calls are free. Email jo@samaritans.org www.samaritans.org	
Breathing Space Scotland's emotional support helpline	Mon–Thurs: 6 pm –2 am, Fri: 6 pm– Mon 6 am		0800 83 85 87 Calls are free https://breathingspace.scot/	
Parentline Scotland Children 1st Help for families	Mon - Fri 9am - 9pm Sat - Sun 9am - noon		08000 28 22 33 www.children1st.org.uk/help-for-families/parentline-scotland/	
Rape Crisis Scotland Helpline	Every day 6pm - midnight		08088 01 03 02 www.rapecrisisscotland.org.uk	
Social Security Scotland For help with Scottish benefits.			0800 182 2222	
Citizens Advice Scotland Helpline Advice about unemployment, housing, debt, benefits and consumer issues like bills	Mon - Fri 9am - 5pm		0800 028 1456	
Turn 2 Us UK charity that provides information and financial support to help people get back on track. Useful online benefits calculator.	Website		www.turn2us.org.uk	
Silver Line Advice, support, friendship for older people	24 / 7		0800 4 70 80 90 www.thesilverline.org.uk	
Alzheimer Scotland Dementia helpline	24 / 7		0808 808 3000 www.alzscot.org	
Support in Mind Information Service	Mon - Fri 9am - 3.30pm		0300 323 1545 info@supportinmindscotland.org.uk	
CRUSE Bereavement Care			0808 802 6161	
RSABI Supports people from Scottish agriculture emotionally, practically and financially	7am - 11pm		0300 111 4166	
Scottish Families Affected by Alcohol and Dugs			08080 101011 Email: helpline@sfad.org.uk www. sfad.org.uk	
Clear Your Head Government mental health website			clearyourhead.scot	



Wellbeing Point

If you have web access, visit NHS Borders Wellbeing Point for links to resources and information to help you look after your mental health and wellbeing

www.nhsborders.scot.nhs.uk/wellbeingpoint

If you need help to find the right information you can email wellbeing.point@borders.scot.nhs.uk

Six Ways to Be Well resources - look after your own wellbeing

NHS Borders self-help booklets on a range of topics

Make an appointment to see a Wellbeing Adviser

Search ALISS for support in communities

Your local Mental Health Services

CRISIS?
Samaritans
116 123
Breathing Space
0800 83 85 87

For emotional support in and out of normal working hours:

Samaritans (24 hours) Tel: 116 123

Email: jo@samaritans.org or visit www.samaritans.org

Breathing Space (NHS 24) Tel: 0800 83 85 87

Mon - Thurs: 6pm - 2am, Fri 6pm - Mon 6am

www.breathingspace.scot

Borderline 0800 027 4466

Freephone helpline for adults in the Scottish Borders who are experiencing emotional distress.

7pm - 10pm every day

SHOUT 24 hour crisis textline 85258

www.giveusashout.org

Health in Mind is a Scottish charity with your mental health at heart. Find out more about Health in Mind by visiting the website www.health-in-mind.org.uk

The Scottish Borders **Mental Health and Wellbeing Forum** meets six times a year and is a safe space to share your experience of mental health. It is supported by Borders Care Voice. Find out more by visiting www.borderscarevoice.org.uk

This newsletter has been produced by the Joint Health Improvement Team, Public Health, in partnership with **Health in Mind** and the **Scottish Borders Mental Health and Wellbeing Forum**, supported by **Borders Care Voice**. For more info contact Telephone: 01835 825970 Email: health.improvement@borders.scot.nhs.uk



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