

# Mental Health

## Finding support during the cost of living crisis



It's possible that your mental health will be affected by the current economic situation.

It is ok to feel stressed, anxious, worried or overwhelmed.

This is a normal reaction.

Use this leaflet to find help and support, and to think of ways of protecting your mental health and wellbeing.

Follow:

**NHS Borders Small Changes, Big Difference**  
on Facebook for regular updates



## Money worries?

Health, Money, Housing & Work

### Help is at hand

Improve your financial health and wellbeing with The NHS Borders Money Worries App



Download the **NHS Borders Money Worries App** on the Apple App Store and Google Playstore.



## 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](http://www.nhsborders.scot.nhs.uk/wellbeingpoint)

**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**

## Help for children and young people

The cost of living crisis has an impact on children and young people and is a cause of concern for them. Information about some of the support services can be found on pages 6 - 7. An online guide for young people's mental health and wellbeing is available to download here:

[www.nhsborders.scot.nhs.uk/media/761074/YP-guide-to-mental-health.pdf](http://www.nhsborders.scot.nhs.uk/media/761074/YP-guide-to-mental-health.pdf)

Visit [www.youngscot/borderswellbeing](http://www.youngscot/borderswellbeing) for more info.





## Wellbeing Service

Live Well Feel Better

Managing our lives during the cost of living crisis is difficult for many of us.

The Wellbeing Service can support people aged 18+ with improving **emotional wellbeing, stress, and low mood**. This may include distress and worries linked to the cost of living crisis but is also for other mild to moderate common mental health problems.

The team also offers support to **stop smoking, manage a healthy weight and get more active**.

### How to get an appointment:

- Fill in online form [www.nhsborders.scot.nhs.uk/wellbeing](http://www.nhsborders.scot.nhs.uk/wellbeing)
- Contact the admin team on **01896 824502**
- Your GP practice can refer you

For more complex mental health issues where there is a history of mental health problems or psychiatric illness/personality disorder, please refer to GP for further assessment.

For individuals aged over 16 in distress, the SAMH Distress Brief Intervention (DBI) service continues to provide support to referrals from Primary Care, Police Scotland, Scottish Ambulance Service and A&E staff. Further information about the support is available can be found at [www.dbi.scot](http://www.dbi.scot)



Visit [www.nhsinform.scot](http://www.nhsinform.scot) for the latest government guidance on any aspect of healthcare



# Six Ways to Be Well

## **Belong**

*It's important to stay connected - find ways to stay in touch and talk about how you're feeling. Speak to someone you trust - family, friends, colleagues, neighbours. It's likely that they will be relieved to have someone to talk to as well.*



If you don't have anyone to talk to or it's late at night, Breathing Space is a free confidential phone and web based service for anyone in Scotland over 16 experiencing low mood. The number is on the back of this leaflet.

## **Nurture**

*If you're feeling greater stress than normal, find ways to cope that will nurture your mind and your body. Work out a routine and try to think about what you CAN do.*



Try to eat regularly and healthily, drink plenty of water, rest, relax and try to get enough sleep (your normal amount). Keep yourself safe - don't use smoking, alcohol or other drugs to deal with your emotions. Limit worry by lessening the time you spend watching or listening to media coverage that may be upsetting.

Visit Health in Mind's website for videos about coping skills and breathing exercises that can help you to manage stress. [https://www.health-in-mind.org.uk/services/bitesize\\_videos/d256/](https://www.health-in-mind.org.uk/services/bitesize_videos/d256/)

**Be Active** *Keeping active is important for your mental health. Get outside if you can. When you are indoors, try to move, stretch or dance to your favourite song.*



To stay fit and healthy you should be aiming to do 20 - 30 minutes of moderate physical activity a day.

Find a local 'Walk IT' group near you—they are safe, social, low level, led by a Walk IT Leader and FREE. Call 01835 826 702 or visit [www.facebook.com/Walk-It-1018931611476458/](http://www.facebook.com/Walk-It-1018931611476458/)

## **Be Kind**



*Helping someone who needs it can make you feel good. Accept offers of help as the person giving it will feel good too. Remember to be kind to yourself and make time for self-care.*

There are lots of organisations in the Borders all trying to help people during the cost of living crisis - such as food banks and community resilience groups.

If you've got time to help, you can find out more about volunteering by getting touch with Volunteer Centre Borders [www.vcborders.org.uk](http://www.vcborders.org.uk)

## **Enjoy and Learn**



*You might want to learn more about how you can save money, or learn something new to help take your mind off your worries. Or you might want to learn ways to help you to stay calm and give you hope for the future.*

The Money Saving Expert website can save you money on credit cards, shopping and much more. Find out more at [www.moneysavingexpert.com](http://www.moneysavingexpert.com)

Our libraries are free, warm and safe spaces—and a great way of finding information and learning new things. <https://www.liveborders.org.uk/home/our-libraries/>

Health in Mind has courses that are freely available in the Borders— from Mindfulness to arts for wellbeing, check out what's available here [www.health-in-mind.org.uk/](http://www.health-in-mind.org.uk/)

## **Be Aware**



*Choose to slow down and take time to pause. Learn some calming breathing techniques, mindfulness or meditation to help you through times of heightened worry, stress and anxiety.*

Taking slow, regular breaths can help you to control anxious thoughts and feelings, and make you feel calmer. Try to count from 1 to 5 as you breathe in gently, and again as you breathe out. Keep doing this for a few minutes. Check out the [feelinggood.app](https://www.nhs.uk/feel-good-app/) recommended by the NHS.

## Local and national organisations that could be of assistance

In addition to the services listed here, there are specialist mental health services available in the Scottish Borders. Access to many 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](http://www.nhsborders.scot.nhs.uk/wellbeingpoint) and click on 'Your local Mental Health services'

LOCAL SERVICES	Hours of Operation	Website/Email Additional Info
<b>GP Surgeries</b>	Mon - Fri Daytime	<a href="http://www.nhsborders.scot.nhs.uk">www.nhsborders.scot.nhs.uk</a>
<b>Wellbeing Service</b>	Mon - Fri Daytime	01896 824502 <a href="http://www.nhsborders.scot.nhs.uk/wellbeing">www.nhsborders.scot.nhs.uk/wellbeing</a>
<b>RENEW Primary Care Mental Health Service</b>	Mon - Fri Daytime	GP referral for Adults
<b>Local Area Co-ordination Team for Mental Health</b>	Mon - Fri Daytime	01896 664155 Email: <a href="mailto:lac@scotborders.gov.uk">lac@scotborders.gov.uk</a> Adults age 18 and over
<b>The Child and Adolescent Mental Health Team (CAMHS)</b>	Mon - Fri 9pm - 5pm	GP referral for Children and Young People Queries 01750 23715
<b>Quarriers Resilience for Wellbeing</b>	Mon - Fri 8.30am - 6pm	Email <a href="mailto:borders@quarriers.org.uk">borders@quarriers.org.uk</a> Children and Young People

OTHER SERVICES	Hours of Operation	Website/Email Additional Info
<b>NHS 24</b> <b>Mental Health Hub</b>	24 / 7	<a href="http://www.nhs24.scot">www.nhs24.scot</a> 111
<b>Mental Health and Money Advice</b>	Online resource	<a href="http://www.mentalhealthandmoneyadvice.org/scot/">www.mentalhealthandmoneyadvice.org/scot/</a>
<b>Kooth</b> Online counselling and support 11—18	24 / 7	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
<b>Togetherall</b> Online support community 16 +	24 / 7	<a href="http://www.togetherall.com/en-gb/">www.togetherall.com/en-gb/</a>
<b>Parentline Scotland</b> Children 1st Help for families	Mon - Fri 9am - 9pm Sat - Sun 9am - noon	08000 28 22 33 <a href="http://www.children1st.org.uk/help-for-families/parentline-scotland/">www.children1st.org.uk/help-for-families/parentline-scotland/</a> for webchat
<b>Support in Mind</b> Information Service	Mon - Fri 9am - 3.30pm	0300 323 1545 <a href="mailto:info@supportinmindscotland.org.uk">info@supportinmindscotland.org.uk</a>
<b>Health in Mind</b> Local 1-1 and group support	Mon - Fri Daytime	01896 807000 <a href="mailto:scottishborders@health-in-mind.org.uk">scottishborders@health-in-mind.org.uk</a>
<b>Silver Line</b> Advice, support and friendship for older people	24 / 7	0800 4 70 80 90 <a href="http://www.thesilverline.org.uk">www.thesilverline.org.uk</a>
<b>Alzheimer Scotland</b> Dementia helpline	24 / 7	0808 808 3000 <a href="http://www.alzscot.org">www.alzscot.org</a>
<b>Relationships Scotland</b> Counselling, mediation and family support	Infoline Mon - Fri 9.30am - 4pm	0345 119 2020 <a href="http://www.relationships-scotland.org.uk">www.relationships-scotland.org.uk</a>

# *Crisis? Ask for help*

If you, or anyone you care for is feeling in crisis or having thoughts about harming themselves, please contact your GP or for urgent support telephone:

**[NHS 24 Mental Health Hub on 111](#)**

If someone is at immediate risk of ending their life or others are at risk, call the Emergency Services on 999

For emotional support in and out of normal working hours:

**Samaritans (24 hours) Tel: 116 123**

Email: [jo@samaritans.org](mailto:jo@samaritans.org) or visit [www.samaritans.org](http://www.samaritans.org)

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

Mon - Thurs: 6pm - 2am

Fri 6pm - Mon 6am

[www.breathingspace.scot](http://www.breathingspace.scot)

**HOPELINEUK (Papyrus Prevention of Young Suicide) Tel: 0800 068 4141**

Open 9am - midnight every day

Text - **07860 039 967** more info at [www.papyrus-uk.org](http://www.papyrus-uk.org)

**SHOUT** 24 hour crisis textline **85258**

This leaflet is produced by the  
Joint Health Improvement Team

Email: [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)

