



Creating Hope

Scottish Borders



Ways to Be Well

This guide offers ideas about how
to look after your mental health
and wellbeing



[www.nhsborders.scot.nhs.uk/
creating-hope](http://www.nhsborders.scot.nhs.uk/creating-hope)



Scottish Borders
Health and Social Care
PARTNERSHIP

Do you need emotional support?

Ask for help

If you (or a person you are supporting) have problems that will not go away or you need help to cope, please contact your GP.

There are specialist mental health services in the Scottish Borders that can help. There is information about these on the NHS Borders website - a referral from a GP is usually required.

Urgent support and emotional support helplines

For support in and out of normal working hours, call:

NHS24 Mental Health Hub (24 hours)

Urgent mental health support

Tel: 111

Samaritans (24 hours)

Tel: 116 123

Breathing Space (16+ Scotland)

Evenings (until 2am) and weekends

Tel: 0800 83 85 87

www.breathingspace.scot



A mobile app for those at risk of suicide and people worried about someone.

#StayAlive



Ways to Be Well in the Scottish Borders

Everyone has mental health. This guide is about the things that we can do to look after our mental health and wellbeing, all of which are backed up by research.

Using the tips in this guide could help you to:

- Feel better
- Cope better with life
- Recover if you’ve been unwell
- Stay well
- Support people you care about.

Although many of the tips can help in the short term, they work best as longer term habits.

To be well, we need to look after both our minds and our bodies.

This guide uses ‘Ways to Be Well’ to recommend small changes you can make.

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Ways to Be Well in the Scottish Borders



Eat Well

Food affects our brains and mood as well as our bodies

Be Active

Exercising regularly can make you feel more confident, happier, less stressed and sleep better



Sleep Well

Follow a good night time routine, sleeping well is vital for good mental health

Be Connected

Connect with other people in a way that is good for your wellbeing



Be Kind

Giving and receiving from others helps to build a support network

Enjoy and Learn

Learning new things can help you to be more satisfied and fulfilled





Be Creative

Creative activities and being involved in culture can help you to stay well and feel better



Be Mindful

Being mindful can help you to de-stress, give yourself some 'me time'

Connect with Nature

Spend time outdoors and bring nature into your everyday life



Manage Money Worries

Get help for financial difficulties; money problems are a common trigger for mental health problems

Limit Alcohol

Cut down your drinking to stay within the low risk guidelines



Stop Smoking

Find healthier ways to cope with stress

Creating Hope
Scottish Borders



www.nhsborders.scot.nhs.uk/creating-hope

Eat Well...

Eating well and having a healthy lifestyle can help us feel our best and make a long term difference to both our mental and physical health. What we eat and drink can affect our bodies, brains and mood.



- **Could you make a change to eat more healthily?**
- **Do you need support to make a change to your lifestyle, or to help somebody else?**

What we eat and drink can affect how we feel – eating healthily can help you to feel well, be less stressed, sleep better and give you energy.

Eating well is important for us all. We should be able to get all the nutrients we need, including vitamins and minerals (except Vitamin D) through eating a variety of foods. Pregnant women, young people and older people all need slightly different things - for more info see the Eatwell Guide.

Often we turn to sugary or caffeinated food or drinks as a comfort, treat, or to give us energy. However, the effects can be short-lived and lead to feelings of irritability / low mood.

Relationships with food can be complex - try to be kind to yourself and practice self-compassion.

Useful websites and apps

Eatwell Guide

How to eat healthily.

www.foodstandards.gov.scot/consumers/healthy-eating/eatwell

Association of UK Dietitians *Food and Mood*

www.bda.uk.com/resource/food-facts-food-and-mood.html

Cooking at Home Resource

www.bda.uk.com/food-health/lets-get-cooking/cooking-at-home.html

Eat Well, Your Way

Food Standards Scotland.

Making healthier food and drink choices.

www.eatwellyourway.scot

Parent Club

Scottish Government info.

www.parentclub.scot



Top tip backed by research:

Eat healthy food

Signposts for "Eat Well"

Wellbeing Service – NHS Borders

Provides people aged 16+ with support to make positive changes to their lifestyle - this includes healthy eating. Referrals can be made via your GP or health professional, or you can refer yourself.

Tel: 01896 824502 or Email: wellbeing@borders.scot.nhs.uk

Abundant Borders

A network of local food production in the Scottish Borders with projects including Eyemouth, Ayton and Hawick. Training and volunteering opportunities. **Email: robin@abundantborders.org.uk**

BiBS – Breastfeeding in Borders Support

Local support for breastfeeding parents from volunteers who have experience of breastfeeding. Scheme supported by NHS Borders.

For more information contact your Midwife, Health Visitor or the Health Improvement Team on 01835 825970

Community Food Growing - Scottish Borders Council

Information about local community growing projects including allotments and a newsletter.

www.scotborders.gov.uk/parks-outdoors/community-food-growing

Wellbeing habits - tips for eating well

- Eating breakfast gets the day off to a good start
- Enjoy a variety of foods
- Eat together when you can
- Follow the Eatwell guide
- Eat 3 meals a day with healthy snacks in between
- Eat plenty of fruits and vegetables
- Choose whole grains over refined grains
- Limit foods and drinks high in fat, sugar and salt – especially when choosing snacks
- Be mindful of portion sizes
- Stay hydrated - milk and water are the best drinks to have

Be Active...

Find a physical activity that you enjoy, one that suits your level of mobility and fitness. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Being active makes you feel good.

- Are you active on a regular basis?
- Do you need support to become more active?



If you are able to be active on a regular basis, this could help your mental health.

Moving your body can help you to feel more confident, happier, less stressed, sleep better and be more energised. Being active releases hormones that help us to feel good.

Children need to be physically active for at least an hour a day. Walking to school, playing outside, cycling, scooting, roller skating, climbing trees, walking a dog, skipping, jumping or playing a sport like football or frisbee all count.

Adults should aim for at least 2½ hours of moderate activity a week. One way is to do 30 minutes on at least five days a week. For healthy ageing, strength and balance activities are also important.

Useful websites and apps

Active 10

NHS Better Health App

A free and easy walking app designed to help increase your daily level of physical activity.

Couch to 5K

NHS free fitness App

A running plan for absolute beginners - designed to help you gradually work up to running 5km in nine weeks.

Physical Activity Guidance

NHS information about how much physical activity each age group should be doing, from early years to older adults.

www.nhsinform.scot/healthy-living/keeping-active/

Live Borders App

Book swim, gym and fitness classes along with accessing other Live Borders services.

www.liveborders.org.uk/app/



Top tip backed by research:

Keep Moving

Signposts for "Be Active"

Wellbeing Service – NHS Borders

Provides people aged 16+ with support to make positive changes to their lifestyle - this includes becoming more physically active.

Referrals can be made via your GP, health professional, or you can refer yourself. **Tel: 01896 824502**

Email: wellbeing@borders.scot.nhs.uk

Walking for Health

'Walk It' is a scheme in the Scottish Borders that encourages people to walk more. You can join one of the organised walks or become a volunteer Walk Leader. **Visit www.scotborders.gov.uk/parks-outdoors/walking/3 or call 01835 826702 for more information**

Live Borders

Live Borders has swimming pools, gyms and weekly fitness classes all across the Scottish Borders. They also run exercise referral with supported options at a discounted rate. **www.liveborders.org.uk**

Sports Clubs around the Borders

Whether you're a participant, volunteer or spectator, sport has the ability to change your life for the better. The Sports Development Team support the local Community Sports Hubs and various groups to develop disability sport as well as supporting performance sport. For more information visit: **<https://www.scotborders.gov.uk/sport-leisure-outdoors/sports-development>**

Wellbeing Habits - Tips For Being Active

- Enjoy being active everyday – doing some physical activity is better than none
- Reduce time spent on phones, tablets, computers and watching TV
- A healthy body is one that whatever shape, has enough energy, strength and stamina to be active - and allows a person to achieve their goals and participate in life
- All adults should aim to do both moderate and vigorous physical activity and muscle strengthening activities
- If you can, spend less time sitting!

Sleep Well...

Prioritise your sleep habits and follow a good bedtime routine. Train yourself and your body to behave in a way that helps you have a good sleep pattern. Sleeping well is vital for good mental health.



- Can you think of any ways to create a relaxing bedtime routine?
- How could you wind down before you go to sleep?

Sleep and mental health are closely related. Poor sleep can affect your mental health but also, living with poor mental health can affect your sleep. Sleep is often that first thing that suffers when we're struggling.

There is no correct amount of sleep that everyone must have. Sleep is a natural process that is not directly under our control. There are no quick solutions to sleep problems.

For good mental health we should try and sleep well. Good sleep is for everyone and everyone should be able to thrive through healthy sleep.

Useful websites and apps

NHS Inform

Sleep problems and insomnia self-help guide.

www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/sleep-problems-and-insomnia-self-help-guide

Sleepio App

Digital sleep improvement programme. Sign up via NHS Inform.

www.nhsinform.scot/healthy-living/mental-wellbeing/get-help-with-your-mental-health

Sorted: Mental Health App

Positive mental training audio programmes. www.feelinggood.app for password Email: health.improvement@borders.scot.nhs.uk

Sleep and Mental Health

Advice from the Mental Health Foundation.

www.mentalhealth.org.uk/explore-mental-health/a-z-topics/sleep-and-mental-health



Top tip backed by research:

Get more from your sleep

Signposts for "Sleep Well"

Wellbeing Service – NHS Borders

Provides people aged 16+ with support to make positive changes to their lifestyle. Referrals can be made via your GP or health professional, or you can refer yourself. **Tel: 01896 824502** or

Email: wellbeing@borders.scot.nhs.uk

Sleep Action

Edinburgh based charity (formerly Sleep Scotland). Leading provider of sleep support, training and resources. Trained sleep counsellors support children, young people and their families to have healthy sleep. A range of training provided. Scottish Sleep Support Line: 1-1 sleep support for families with children aged 18 months –18 years.

<https://sleepaction.org/>

NHS Borders Sleep Videos

This YouTube mini series of sleep videos has been created by the NHS Borders Children and Young People's Occupational Therapy Service. Learn more about why good quality sleep is important and some strategies that can help to improve your child's sleep hygiene.

www.bit.ly/4aVFbgz

Menopause information

Difficulty sleeping is one of the common symptoms of menopause. Find out more about the menopause and how to manage symptoms at **www.nhsinform.scot/healthy-living/womens-health/**

Wellbeing Habits - Tips For Sleeping Well

- The best way to get a better night's sleep is to develop a good routine and stick to it
- Create a restful environment for sleep - a bedroom should be cool, dark and quiet
- Avoid screens (mobile devices and TV), caffeine and alcohol before bed
- Physical activity can help with sleep but vigorous exercise should be avoided before bedtime
- Go to bed and get up at around the same time every day, including weekends

Be Connected...

Connect with other people in a way that is good for your mental wellbeing - at home, work, school or in your local community. A strong sense of connection and belonging can help our wellbeing. Digital interactions can bring people close together but don't replace in-person experiences - unplug and find a way to connect with people face-to-face.



- Could you find a new way to connect with someone?
- Could you do more to invest in your connections with people?

Having good social connections and supportive relationships is important for our wellbeing. Feeling isolated, lonely or excluded can affect our health. Loneliness can affect people of all ages and stages in life.

Having supportive relationships or friendships with people we trust is one of the best things for protecting our mental health. Talking things through with a trusted person can help us through tough times.

Seek out opportunities to connect with people in person - digital connections can be good but can also be a source of stress. Be mindful of taking time to disconnect from social media and online pressures.

There are lots of opportunities to connect and build relationships in our communities across the Borders.

Useful websites and apps

ALISS – A Local Information System for Scotland

Connecting you to your community - website for services, groups and activities for health and wellbeing. www.aliss.org

Togetherall

Online peer support community for anyone aged 16+ who lives in the Borders. Moderated by mental health professionals. www.togetherall.com

Borders Wheels

Community Transport in the Scottish Borders for anyone who needs help getting out and about. www.borderswheels.org.uk



Top tip backed by research:

Talk to someone you trust for support

Signposts for "Be Connected"

Youth Borders

Network of third sector organisations - includes youth clubs, youth cafés, specialist projects, after school clubs and voluntary projects.

www.youthborders.org.uk

Local Area Co-ordination (LAC) Team

Support for adults who are isolated due to a learning disability, mental ill health, physical disability or older age.

www.scotborders.gov.uk/adults-older-people/local-area-co-ordination-older-adults

Health in Mind

Offers groups and workshops to support wellbeing as well as peer support groups. Search for 'Scottish Borders' on their website.

www.health-in-mind.org.uk

Recovery Cafes - Borders in Recovery

Weekly Recovery Cafes in locations around the Borders.

www.bordersinrecovery.org

FLOURISH - Mental Health Matters

Forum that empowers communities to shape, grow and advance mental health support. www.facebook.com/flourishMHmatters

Men's Sheds

Network of Men's Sheds and Community Sheds across the region.

Find a shed at www.scottishmsa.org.uk

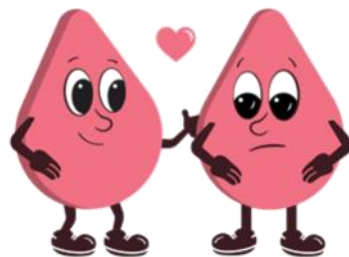
Wellbeing Habits - Tips For Connecting

- Check out your local community centre, village hall or church where you can connect with other people and find out what is going on locally
- Think about what you're interested in - maybe you could join a group of like-minded people, hobbies are good ways of meeting people and making friends
- Volunteering can be a great way of connecting with people - for opportunities see [Borders Community Action](#)

Be Kind...

Do something nice for a friend, or a stranger. Thank someone. Smile. Stop and chat to a neighbour or make the effort to talk to older people in your neighbourhood. Volunteer your time. Join a community group. Offer peer support. Accept other people as they are. Be kind to yourself.

- Can you think of any ways to be kind to other people?
- How could you be kind to yourself?



Small acts of support and kindness can make a big difference to people and communities. Being kind helps to build trust and a sense of safety. Kindness can boost our mood as well as strengthen our social connections.

Giving and receiving from others helps to build a support network. This is important, whatever age we are. Having a kinder culture and support from peers helps us all emotionally.

It's also important to be kind to ourselves - self-care and self-compassion are not selfish!

Having healthy boundaries can help us to manage stress and expectations.

Useful websites and apps

Action for Happiness

Ideas about kindness and other resources about happiness.

www.actionforhappiness.org

Volunteer Scotland

Use the Volunteer Scotland online database to find an opportunity that suits you.

www.volunteer.scot

Little Book of Caring Ways

Download Breathing Space's 'Little Book of Caring Ways' for ways to promote kindness for better mental health in Scotland.

www.breathingspace.scot/news/2020/leaflets-posters-booklets/



Top tip backed by research:

Be kind and help create a better world

Signposts for "Be Kind"

Borders Community Action

If you're interested in volunteering then contact Borders Community Action. This is the 'Third Sector Interface' (TSI) for the Scottish Borders. They work with charities, social enterprises, community groups and volunteers across the Borders and support the network of Village Halls.

Borders Community Action is the 'first-stop' for volunteering opportunities across the Borders and can connect people into a range of different groups, organisations and activities.

www.borderstsi.org.uk

Befriending and Peer Support

If you do have time to volunteer, consider one of the many 'befriending' or 'peer support' projects in the Borders - they act as a vital lifeline for many people. Ask Borders Community Action about befriending or peer support opportunities.

Berwickshire Association for Voluntary Service (BAVS)

BAVS supports communities in the Berwickshire area and has volunteering opportunities on offer. www.bavs.org.uk

Wellbeing Habits - Tips For Kindness

- Take notice of how you feel when you give to another person – it can make you feel good
- If other people are kind to you, don't feel guilty about receiving their support – it's good for them too
- Volunteering – giving our time – is a good way of being kind and can help you to find a purpose. Helping someone or volunteering can boost our mental wellbeing
- Be kind to yourself and prioritise self-care - this includes making sure you are up to date with your Screening tests
- Speak to your GP if you are worried about cancer, find out more at www.getcheckedearly.org

Enjoy and Learn...

Try something new. Rediscover an old interest. Sign up for a course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.

- **Would you like to learn something new?**
- **What do you enjoy doing?**



Having a hobby or an activity you enjoy can help you to have greater wellbeing, reduce stress, increase confidence and feel more fulfilled.

What do you enjoy doing? Only you can decide that! Try different things until you find something you like.

Learning new things can also help you to build the skills you need for accessing work. Going to work is also good for your wellbeing. It can give you an income, a sense of identity, a connection with other people, routine for your day and opportunities to achieve.

Could you find an activity or interest that you enjoy doing?

Useful websites and apps

Open Learn

Free courses from the Open University.

www.open.edu/openlearn/free-courses

University of the Third Age

Educational, creative and recreational courses open to anyone no longer in full-time employment. Local learning groups and online.

www.u3a.org.uk

My World of Work

Help and advice for all stages of your working life. Includes CV, application and interview advice.

www.myworldofwork.co.uk



Top tip backed by research:

Plan things to look forward to

Signposts for "Enjoy and Learn"

Early Years Centres

Weekly programmes of activities, advice and support.

www.scotborders.gov.uk/children-families/early-years-centres

Community Based Adult Learning

Free learning opportunities for adults to increase their knowledge, skills and confidence in everyday life.

www.scotborders.gov.uk/community-learning-development

Library and Mobile Libraries

Free entry and a great source of learning - free eBooks and audio books, reading groups, a mobile library and much more.

www.liveborders.org.uk

Health in Mind

Offers activities and workshops to support wellbeing. Search for 'Scottish Borders' on their website. www.health-in-mind.org.uk

Borders Care Learning Network

Borders Care Voice courses for care workers, volunteers and carers.

www.borderscarevoice.org.uk

Borders College

Offers a range of commercial and community learning courses.

www.borderscollege.ac.uk

Scottish Borders Council Employment Support Service

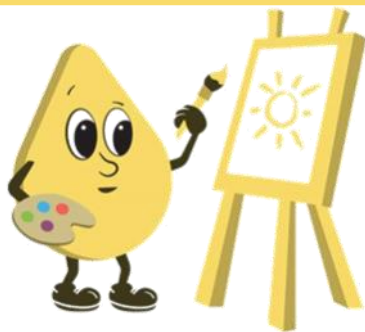
www.scotborders.gov.uk/help-finding-job/support-employment

Wellbeing Habits - Hobbies And Activities

- Being involved in cultural or recreational activities enriches our lives
- It's good to have something that you can do regularly - every day or every week, you can have more than one hobby!
- Having fun and doing things you enjoy are an important part of self-care
- Making plans for things we enjoy can give us a sense of hope - it doesn't have to be big, just keep planning small things you enjoy

Be Creative...

Be creative. Start writing a journal, draw, paint or doodle a picture, make up a new song to sing. Go to see a play or visit a museum or art gallery. Dance in your kitchen, knit a scarf for a friend or make a pot out of clay. Listen to music or learn to play an instrument. Make space in your life for imagination, creativity and culture.



- **How could you be more creative in your everyday life?**
- **What creative activities do you enjoy?**

Research shows that active engagement with the arts, culture and creativity is beneficial for the health and wellbeing of all of us.

The arts and healing have a long history. There is evidence that art can reduce stress and help us to process difficult emotions. Learning and skills development are linked to a lower risk of developing dementia and mental illness. It can also help us to recover and can be prescribed as a therapy.

The arts can touch our hearts, bring us beauty, hope and joy, connect us to other people and change our lives for the better. Why not be curious and see if it could improve your mental wellbeing?

Could you find a creative activity that you enjoy doing?

Useful websites and apps

Health in Mind

Group work programme often includes creative workshops. Search their website for 'Scottish Borders'.

www.health-in-mind.org.uk

CABN - Creative Arts Business Network

Good source of info about creative spaces in the Borders. Sign up to their newsletter.

www.cabn.info

Play Scotland

Plenty of ideas and resources for free creative play.

www.playscotland.org

Scottish Mental Health Arts Festival

Annual festival from the Mental Health Foundation.

www.mhfestival.com

Signposts for "Be Creative"

Live Borders

Creative workshops designed with wellbeing in mind, museums and art galleries across the Scottish Borders and a good 'What's On' guide. www.liveborders.org.uk

At Birkhill House

Community Interest Company offering an adults and childrens crafting programme alongside animal assisted activity - near Earlston. www.atbirkhillhouse.co.uk

ArtBeat

Charity and community art space in Hawick. **Search for 'Artbeatstudios Hawick' on Facebook**

Little Art Hub

Artist-run community art space in Galashiels. **Search for 'Little Art Hub Galashiels' on Facebook**

Nomad Beat

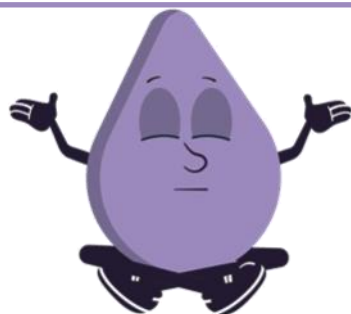
Peebles based charity running accessible musical education and outreach projects. www.nomadbeat.com

Wellbeing Habits - Tips For Creativity

- Find a way to express yourself - story telling (whether that is through writing, drawing or another creative means) can help us to make sense of our lives, manage our emotions, give us meaning and purpose, and connect us to others
- Don't worry that you're not artistic or creative - trying new creative activities is good for our emotions and wellbeing, regardless of your skill level!
- Find inspiration by visiting one of the museums, galleries or libraries in the Borders - the libraries have a good selection of creative books
- Cooking and gardening are also great ways of being creative!

Be Mindful...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends. Be aware of the world around you and what you are feeling.



- How could you be more aware and take more notice of the world around you?
- Could mindfulness be part of your daily routine?

Take time to pause in your busy life. Take a deep breath, be in the 'here and now'. It can be too easy to rush through life without stopping to notice much.

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. Becoming more mindful can improve your mental wellbeing and help you cope with stress, anxiety and depression.

Being outside and noticing nature, capturing an image with a camera or written words or learning how to focus using relaxation, mindfulness or yoga are all different ways of becoming more aware and noticing what's around us.

Could you find a way to be more mindful?

Useful websites and apps

Headspace

App that makes meditation simple. Guided meditations suitable for all levels. Can help to improve focus, mindful awareness, relieve anxiety and reduce stress.

www.headspace.com

Mindful Eating

British Dietetic Association resource about having a more mindful connection with food.

www.bda.uk.com/resource/mindful-eating.html

Be Mindful of Mental Wellbeing

NHS Inform has tips, tools, and advice for mental wellbeing.

Find out what others have found helpful on the 'Mind to Mind' pages.

www.nhsinform.scot/healthy-living/mental-wellbeing/

Signposts for "Be Mindful"

Peer2Peer Mindfulness

A Scottish Borders based charity that teaches secular mindfulness to the community. Delivers mindfulness courses and mindfulness based activities in 1-2-1 or group settings. Offers a number of free courses throughout the year. www.peer2peer-mindfulness.co.uk

Health in Mind

Health in Mind offers groups and workshops that aim to support people aged 18+ to learn more about wellbeing and offer opportunities for self-reflection. Groupwork programme often includes mindfulness. Search for 'Scottish Borders' on their website. www.health-in-mind.org.uk

Wellbeing Habits - Tips To Be Mindful

- Notice the everyday things in life that we often take for granted
- Pick a regular time during the day to practice being mindful
- Try something new - taking a different route or going somewhere you haven't been before can help you to notice the world in a new way
- Name your thoughts and feelings, be aware of your emotions - the ability to recognise our emotions and know that they are normal reactions can help us to make sense of why we feel like we do
- Deep breathing exercises can help you to feel calmer and relieve stress
- Our spiritual needs are also linked to our wellbeing - many people fulfil their spiritual needs through faith, there are active faith communities in the Borders who provide activities and groups that support good mental health

Connect with Nature...

Spend time outdoors. Learn about nature.
Spend time gardening. Join outdoor activities. Contribute to conservation.
Go camping, fishing or cycling. Watch the birds. Practice mindfulness or meditate outdoors. Grow something.



- **How could you find a way to regularly get outside/spend time in nature?**
- **Could walking in the outdoors be part of your daily routine?**

Spending time outdoors can help you feel more connected to nature and can benefit your mental and physical wellbeing. A walk in the park, a hike in the hills or sitting by a river - whatever your levels of mobility, try and find ways to bring nature into your everyday life.

It can:

- Improve your mood
- Reduce feelings of stress, anger or anxiety
- Help you take time out and feel more relaxed
- Improve your physical health
- Improve your confidence and self esteem
- Help you be more active
- Connect you to your local community
- Reduce loneliness
- Help you feel more connected to nature
- Exposure to natural light and fresh air can positively impact sleep patterns and increase vitamin D levels

Useful websites and apps

Outdoor Activities Guide

The Eyemouth 'Gateway to Good Health' Outdoor Activities resources published by Outside the Box.

[Gateway-to-Good-Health-Outdoor-Activities-1.pdf](https://www.otbds.org/Gateway-to-Good-Health-Outdoor-Activities-1.pdf)
([otbds.org](https://www.otbds.org))

Keep Scotland Beautiful

Website with links to local clean ups in your area

www.keeptscotlandbeautiful.org

Scottish Wildlife Trust

Wildlife reserves and visitor centres, opportunities to get involved

www.scottishwildlifetrust.org.uk

BirdNET

Bird Sound identification App. Recognise bird sounds with your phone.

Search on the App Store or Google Play

Signposts for "Connect with Nature"

Nature Unlimited

Runs sessions in the woodlands across the Scottish Borders, from community projects to team building and birthday parties. Also offers volunteering opportunities. For more details:

www.natureunlimited.scot

The Borders Forest Trust

Restoring native woodland and encouraging an interest in woodland culture. Woodland activities and volunteering opportunities.

Tel: 01835 830750. Email: enquiries@bordersforesttrust.org

Abundant Borders

Works in the local community to create a network of community food gardens. Learn how to grow food in a sustainable way.

www.abundantborders.org.uk/

Greener Peebles

Thriving intergenerational Community Garden in Peebles. Offers a range of food and gardening related activities and welcomes volunteers of all ages. www.greenerpeebles.org

Wellbeing Habits - Tips For Connecting With Nature

- Grow food or flowers, exercise outdoors or be around animals
- Volunteer for local clean up projects, walk instead of drive and recycle
- Connect to nature through stories and art
- Try watching a film or a documentary about nature
- Whether you're in the garden or on your way to work, try listening out for birdsong, look for bees or notice the movement in the clouds
- Sometimes it can be difficult to access nature, but you can bring nature into your own home, think about having plants in the house or even buying potted herbs

Manage Money Worries...

Create a budget or money plan. Get free money advice or help with debt. Understand your employment rights and how to get support. Practice self-care.



- How could you create a budget or money plan?
- Could you talk about your money issues with someone you trust or a trained professional?

Worrying about money can affect our mental wellbeing and can be extremely stressful. Our ability to manage money can also be affected by a mental health issue.

Sometimes having poor mental health and money difficulties can create feelings of guilt, shame and failure. It is important to remember that you are not alone and that many people have been in a similar situation to yourself.

Increasing cost-of-living pressures can lead to more financial stress, so knowing ways to look after your mental health when dealing with money problems is more important than ever.

Useful websites and apps

NHS Borders Money Worries App

Available to download on the **Apple app store** or **Google Play store**

Mental Health and Money Toolkit

Mental Health UK website with clear advice and support.

www.mentalhealthandmoneyadvice.org

Parent Club

www.parentclub.scot/topics/money-work

Eat Well Spend Less

www.bda.uk.com/resource/food-facts-eat-well-spend-less.html

Home Energy Scotland

www.homeenergyscotland.org

ChangeWorks

Make your home more energy efficient.

www.changeworks.org.uk

Top tip backed by research:

Try to make the best of your money and get help with debt problems



Signposts for "Manage Money Worries"

Citizens Advice Scotland and Local Bureau

Free, impartial and confidential advice, delivered by trained advisers. www.cas.org.uk

Scottish Citizens Advice Helpline - 0800 028 1456

- **Central Borders CAB** Galashiels office 01896 753 889
- **Roxburgh and Berwickshire CAB** Hawick office 01450 374266
- **Peebles and District CAB** Peebles office 01721 721 722

Scottish Borders Council - Information About Support

www.scotborders.gov.uk/benefits-grants

www.scotborders.gov.uk/housing-homeless

www.scotborders.gov.uk/help-finding-job/support-employment

Cost of Living Support

Scottish Government information about help during the cost of living crisis. <https://costofliving.campaign.gov.scot/>

Money Advice Scotland

Information about support from Scotland's money charity

www.moneyadvicescotland.org.uk

Advice Direct Scotland

Information and support about debt related issues.

www.moneyadvice.scot or Tel: 0808 196 2316

Problem Gambling information

www.nhsinform.scot/healthy-living/mental-wellbeing/addictions/problem-gambling

Wellbeing Habits - Money Tips

- Take it one step at a time and make sure you look after yourself as you tackle any money issues
- Organise your finances when you are feeling well
- Do things gradually - try making a plan with gradual steps
- Creating a monthly budget can feel like a big task but knowing your income and outgoings is the best way to understand your financial position
- Talk to someone you trust about your money problems

Limit Alcohol...

Cut down your drinking to within the low risk guidelines. Set a limit on how much you're going to drink. Let your friends and family know you're cutting down. Choose a smaller or lower strength drink. Avoid being in a round.

- **How could you find other ways to relax? e.g. yoga, exercise**
- **Instead of meeting up for drinks with friends, could you go for a walk or watch a film?**



Alcohol and mental health are closely linked. Drinking too much can affect your wellbeing. Some people may drink to relieve the symptoms of mental ill health or cope with difficult feelings.

If you experience anxiety, alcohol can you give you a short lived feeling of relaxation, but this quickly disappears and may make things worse or create other problems.

The immediate effects of cutting down include:

- Feeling better in the mornings
- Being less tired during the day
- Better looking skin
- Feeling more energetic
- Better weight management

Useful websites and apps

NHS Inform - Alcohol

Includes information on low risk drinking, alcohol units and tips on cutting down.

www.nhsinform.scot/healthy-living/alcohol

Unit Calculator

www.count14.scot

NHS Drink Free Days app

Available to

**download on the
Apple app store or
Google Play Store**



Drugs and mental health

Drug use can also have an impact on your mental health. If you are concerned about your own or someone else's drug use, support service information is on the next page.



Top tip backed by research:

Be aware of using drugs and / or alcohol to cope with difficult feelings

Signposts for "Limit Alcohol"

Scottish Borders Alcohol and Drug Partnership

Useful information, guidance and links to support and training.

www.nhsborders.scot.nhs.uk/badp

We Are With You

Support in the Scottish Borders for anyone 16+ concerned about their own drug or alcohol use or someone else's. Online webchat.

www.wearewithyou.org.uk/local-hubs/scottish-borders

NHS Borders Addictions Service (BAS)

Support to anyone 16+ with drug/alcohol dependency and physical/mental health needs. **Tel: 01896 664430**

www.nhsborders.scot.nhs.uk/borders-addiction-service

Action for Children - CHIMES

Support for children and young people, parents and carers impacted by substance use. **Tel: 01896 750173**

www.nhsborders.scot.nhs.uk/chimes

Borders in Recovery

Lived Experience Recovery Community offering recovery support, social opportunities and health and wellbeing activities.

www.bordersinrecovery.org

Wellbeing Habits - Tips For Limiting Alcohol

Keep alcohol consumption within low risk guidelines:

- To keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis
- If you regularly drink as much as 14 units per week, it is best to spread your drinking evenly over 3 or more days
- If you have 1 or 2 heavy drinking episodes a week, you increase your risks of death from long term illness and from accidents and injuries
- The risk of developing a range of health problems increases the more you drink on a regular basis
- If you want to cut down the amount you drink, a good way is to have several drink-free days each week
- There is no safe limit of drinking during pregnancy

Stop Smoking ...

Think about what you could gain from not smoking. Don't do it on your own, get some support. If you're on medication for your mental health, talk to your GP before you stop in case your medication needs adjusting. Find out about your local stop smoking service. Don't be put off if you relapse.

- **Could you learn to recognise your smoking triggers?**
- **Can you imagine a future where you don't smoke?**



We know that rates of smoking are higher in people with mental ill health.

If you're struggling with your mental health, smoking could be making it worse.

Smoking has an effect on the metabolism of some medications, which means that if you smoke, higher doses of prescribed medicines can be needed in order to be effective.

There is no safe level of smoking and, if you do smoke, any attempts to improve your mental health should include giving up smoking.

Could you find other ways to cope with stress?

Useful websites and apps

NHS Inform Stopping Smoking

<https://www.nhsinform.scot/healthy-living/how-to-stop-smoking/>

Quit Smoking App

<https://www.healthline.com/health/quit-smoking/top-iphone-android-apps>

NHS UK Smoke Free App

<https://www.nhs.uk/oneyou/for-your-body/quit-smoking/support-tools-for-quitting-smoking/>

ASH Scotland

IMPACT smoking and mental health resources

www.ashscotland.org.uk/learn/impact-resources/

Young Scot

[The Truth About E-cigarettes – Young Scot](#)

Signposts for "Stop Smoking"

Wellbeing Service – NHS Borders

Your local 'stop smoking' service. Provides people (aged 12+) with support to make positive changes to their lifestyle - this includes 'Quit Your Way' the NHS smoking cessation service. The service is free and delivered by trained advisers. With this support you are four times more likely to succeed in stopping smoking. Referrals can be made via your GP or health professional, or you can refer yourself.

Tel: 01896 824502 or Email: wellbeing@borders.scot.nhs.uk

Pharmacy Service

Your local community pharmacy provides a stop smoking service. The pharmacist can explain the medications available to help you quit smoking and the pros and cons of each option to help you decide what's best for you.

Build your own Quit Plan

Create your own 'Quit Plan' using the template on the NHS Inform website. You can download, save and print your plan.

<https://www.nhsinform.scot/stopping-smoking/my-quit-plan/>

Wellbeing Habits - Tips For Stopping Smoking

- It's hard to stop smoking for many reasons, but there are things you can do which can help
- Prepare for change - think about what you will gain by not smoking such as better physical health and more money
- Avoid triggers linked to smoking - try to avoid those situations where possible or plan ways to resist triggers you can't avoid
- Be prepared for withdrawal symptoms - you may experience headaches, nausea, irritability, anxiety, increased appetite or other symptoms
- Drinking more water, eating a balanced diet, breathing exercises and regular exercise can help you to cope with withdrawal symptoms and with stress

“Ways to Be Well” Planner

- Use the ‘Ways to Be Well’ to create your own wellbeing plan
- Tick your ‘emoji score’ for each of the Ways to Be Well
- Plan to make small changes to help your wellbeing - you might want to pick one theme to focus on rather than thinking about them all at once
- Support is available from the NHS Borders Wellbeing Service



1. Eat Well

Food affects our brains and mood as well as our bodies.



What small change would you like to make?

2. Be Active

Exercising regularly can make you feel more confident, happier, less stressed and sleep better.



What small change would you like to make?

3. Sleep Well

Follow a good night time routine, sleeping well is vital for good mental health.



GREAT



OK



NOT GOOD



AWFUL

What small change would you like to make?

4. Be Connected

Connect with other people in a way that is good for your wellbeing.



GREAT



OK



NOT GOOD



AWFUL

What small change would you like to make?

5. Be Kind

Giving and receiving from others helps to build a support network.



GREAT



OK



NOT GOOD



AWFUL

What small change would you like to make?

6. Enjoy and Learn

Learning new things can help you to be more satisfied and fulfilled.



GREAT



OK



NOT GOOD



AWFUL

What small change would you like to make?

7. Be Creative

Creative activities and being involved in culture can help you to stay well and feel better.



GREAT



OK



NOT GOOD



AWFUL

What small change would you like to make?

8. Be Mindful

Being mindful can help you to de-stress. Give yourself some 'me time'.



GREAT



OK



NOT GOOD



AWFUL

What small change would you like to make?

9. Connect with Nature

Spend time outdoors and bring nature into your everyday life.



GREAT



OK



NOT GOOD



AWFUL

What small change would you like to make?



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



For updates on Instagram follow
@small_changes_nhs_borders



10. Manage Money Worries

Get help for financial difficulties, money problems are a common trigger for mental health problems.



GREAT



OK



NOT GOOD



AWFUL

What small change would you like to make?

11. Limit Alcohol

Cut down your drinking to within the low risk guidelines.



GREAT



OK



NOT GOOD



AWFUL

What small change would you like to make?

12. Stop Smoking

Find healthier ways to cope with stress.



GREAT



OK



NOT GOOD



AWFUL

What small change would you like to make?

NHS Borders Wellbeing Service offers support for:

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

www.nhsborders.scot.nhs.uk/wellbeing



Wellbeing Service
Live Well Feel Better

Find a Service

A Local Information System for Scotland

You can use the online directory ALISS to search for local and national services, groups and activities for health and wellbeing www.aliss.org



LOCAL SERVICES

GP support and referrals to mental health services

GPs can discuss whether medication or referral to other more specialist mental health support services might be helpful.

NHS Borders Wellbeing Service

Tel: 01896 824502 **Email: wellbeing@borders.scot.nhs.uk**

Provides low level (tier one) self-help emotional and wellbeing support to people age 16+ who are able to self-manage, including support to stop smoking (12+). Self-referrals accepted.

Local Area Co-ordination (LAC) Team

(Mental Health 18+) Scottish Borders Council

Tel: 01896 664 155 **Email: LAC@scotborders.gov.uk**

Encourages and enables people to live an active, more connected and purposeful life in their community. Promotes recovery in people with lower levels of need. Self-referrals accepted.

Health in Mind

Tel: 01896 807000 **www.health-in-mind.org.uk**

1:1 support, peer support and group based learning. Self-referrals accepted. 18+. Listening Space groups in Peebles, Duns, Tweedbank, Kelso, Galashiels and online.

FLOURISH - Mental Health Matters

Forum that empowers communities to shape, grow and advance mental health support. www.facebook.com/flourishMHmatters

Andy's Man Club 18+

Meets Mondays 7 - 9pm

Free-to-attend peer-to-peer support groups in person and online.

- Galashiels at Gala RFC, Nether Road, Galashiels. TD1 3HE, **What3Words ///shoving.swelling.amaze**
- Eyemouth at the Parish Hall, Victoria Road, Eyemouth, TD14 5JD. **What3Words ///fluffed.cork.adopters**
- Innerleithen at the Vale & Leithen Social Club, 2 Leithen Crescent, Innerleithen, EH44 6JL. **What3Words ///repaying.banks.window**

***Not held on English Bank Holidays**

Veterans 1st Point (V1P)

Tel: 01896 668551 Email: V1P@borders.scot.nhs.uk

Open to veterans in the Scottish Borders. First point of contact and support for a range of problems, including mental health and addictions. Self-referrals accepted.

HELPLINES

NHS24 Mental Health Hub (24/7)

Call 111 and select mental health option

Urgent mental health support from NHS24.



Breathing Space

Tel: 0800 83 85 87 www.breathingspace.scot

Monday - Thursday 6pm - 2am

Friday 6pm - Monday 6am

A free and confidential helpline for anyone experiencing low mood, anxiety or depression or who is unusually worried and needs someone to talk to.



0800 83 85 87

HELPLINES (continued)

Samaritans (24/7)

Tel: 116 123 Email: jo@samaritans.org

<https://www.samaritans.org/>

Provides free confidential emotional support for anyone experiencing feelings of distress or despair.

NHS24 Mental Health Hub (24/7)

Call 111 and select mental health option

Urgent mental health support from NHS24.

SHOUT text service (24/7)

Text SHOUT to 85258 <https://giveusashout.org/>

Free, confidential, anonymous text support service for if you are struggling to cope.

Silverline (24/7)

Tel: 0800 4 70 80 90

Free, confidential telephone service for older people. Provides friendship, conversation and support.

Childline (24/7)

Tel: 0800 1111 <https://www.childline.org.uk/>

Can listen or support children and young people up to age 19 with anything they'd like to talk about.

DIGITAL

NHS Inform

www.nhsinform.scot/healthy-living/mental-wellbeing

Information about mental health and wellbeing including self-help guides and tools.

Kooth

www.kooth.com

Online emotional wellbeing support service for young people aged 11–18. Articles, personal experiences and tips.

Togetherall

www.togetherall.com

Online peer support community where people across the world support each other, 24/7. Anyone in the Scottish Borders aged 16+ can join the online community. You can join groups that are relevant to you for example Students, Military or Health Workers. Also has courses and self-help resources.

Creating Hope Scottish Borders

www.nhsborders.scot.nhs.uk/creating-hope

Online hub with resources and useful information about looking after your mental health and wellbeing, includes suicide prevention resources.

Stay Alive App

www.stayalive.app/

Information and tools to help you stay safe in a crisis or support someone in crisis. Free to download. Download on the App Store or Google Play.

Self-harm Network Scotland

www.selfharmnetworkscotland.org.uk

Website hosted by Penumbra. Information, resources and compassionate support for anyone who self-harms or who is supporting someone who self-harms. 12+.

WORKPLACES

Healthy Working Lives

www.healthyworkinglives.scot

Workplace guidance, training and resources for supporting a mentally healthy workplace.

Working Health Services Scotland

Tel: 01896 825 983 or Email: ohsadmin@borders.scot.nhs.uk

Workplace Health Services is provided locally by NHS Borders - this is free confidential advice and health support for the self-employed and people working in companies with fewer than 250 employees. Can provide access to counselling, physiotherapy and occupational therapy.

BEREAVEMENT SUPPORT

Child Bereavement UK

0800 02 888 40 Monday - Friday 9am - 5pm

Email: helpline@childbereavementuk.org

Confidential support, information and guidance for individuals, families and professionals throughout the UK.

CRUSE

0808 802 6161 Monday - Friday 9am - 8pm,

Weekends 10am - 2pm

Provides professional support for bereaved adults, children and families across Scotland. Also provides support to workplaces where there has been a suicide.

Survivors of Bereavement by Suicide (SOBS)

0300 111 5065 Monday - Thursday 9am - 7 pm

National helpline that provides support to people aged over 18 bereaved by suicide. Contact the local coordinator on

Email: scottishborders@uksobs.org to find out more about local group support.

OTHER SUPPORT

Borders Carers Centre

01896 752 432 www.borderscarerscentre.co.uk

Free independent help and support for unpaid adult carers throughout the Borders. Based in Galashiels.

LGBT Youth Scotland

<https://lgbtyouth.org.uk>

For LGBTQ+ young people aged 13-25. Local group in the Borders.

RSABI

0808 1234 555 (24 hours) Email: helpline@rsabi.org.uk

www.rsabi.org.uk

Supporting people in Scottish agriculture industry. Practical, emotional and financial support.

Scottish Borders LGBT Equality

www.lgbtborders.org.uk

Working to improve the lives of LGBT+ people in the Borders.

Scottish Borders Rape Crisis

01896 661070 www.scottishbordersrapecrisis.org.uk

Inclusive, non-judgemental and confidential service for survivors who have experienced sexual violence or abuse at any time.

Border Women's Aid

01450 218 409 <https://www.borderwomensaid.co.uk/>

Domestic abuse support – safe accommodation, confidential and specialist support for women and their children.

Penumbra

01896 822 404 www.penumbra.org.uk

Scottish Borders Supported Living Service (Homelessness)

A Positive Start CIC

www.apositivestart.org.uk

Community mental health, person-centred counselling and peer support, specialising in trauma.

What Matters Hubs



Information Station for Mental Health and Wellbeing

Are you struggling with your mental health, or trying to support someone else?

Monthly drop-in sessions are available for mental health and wellbeing information and advice in locations around the Borders.

For more information, dates, times and venues:

www.scotborders.gov.uk/informationstation



**BREATHING
SPACE**

**Open up when
you're feeling down**

**Call: 0800 83 85 87
or visit: www.breathingspace.scot**

Creating Hope

Scottish Borders

This booklet is produced and published by Scottish Borders Public Health Directorate at NHS Borders. The content was developed by partners on the multi-agency Mental Health Improvement and Suicide Prevention Steering Group which is part of the Scottish Borders Health and Social Care Partnership.

Contact:

Health Improvement Team, Scottish Borders Council Headquarters,
Newtown St Boswells, TD6 0SA Tel: 01835 825 970

Email: health.improvement@borders.scot.nhs.uk

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