

Information which may be useful to you

<p style="text-align: center;"><u>Crisis Phone Numbers</u></p> <p>Samaritans: 116 123 24 Hours, 365 days a year (free to call, does not show up on phone bill) e-mail: jo@samaritans.org</p> <p>Breathing Space: 0800 83 85 87 6pm-2am Mon-Thurs and 6pm Fri-6am Mon. www.breathingspacescotland.co.uk</p> <p>Sane Line: 0845 767 8000 6pm – 11pm, 7 days per week</p>	<p style="text-align: center;"><u>CBT Online Self Help</u></p> <p><u>NHS Forth Valley Self Help Booklets</u> https://www.selfhelpguides.ntw.nhs.uk/forthvalley</p> <p>Daylight (CBT for anxiety) www.trydaylight.com/nhs</p> <p>Sleepio (CBT for insomnia) www.sleepio.com/nhs</p> <p>Living Life: www.livinglifetothefull.com online CBT Course or telephone therapy 0800 328 9655</p> <p>www.getselfhelp.co.uk This website has CBT guided self-help leaflets. This covers many mental health issues and managing thoughts and emotions.</p>
<p style="text-align: center;"><u>Domestic Abuse:</u> Victim Support www.victimsupport.org.uk 08 08 16 89 111</p> <p style="text-align: center;">Women's Aid SDWA phone: 01786 469518 24-hour helpline: 0800 027 1234 info@stirlingwomensaid.co.uk</p>	<p style="text-align: center;"><u>Debt/ benefit Advice</u></p> <p style="text-align: center;">www.stepchange.org ☎ 0800 138 1111 www.citizensadvice.org.uk Stirling office 01786 470239</p>
<p style="text-align: center;"><u>Addictions</u></p> <p style="text-align: center;">Change Grow Live Forth Valley Alcohol and Drug Partnership 0808 196 2188 https://www.changegrowlive.org/</p> <p>Forth valley Family Support- Support for family members affected by someone's alcohol or drug use. 08080101011 https://www.sfad.org.uk/</p>	<p style="text-align: center;"><u>Apps (Free)</u></p> <p>Smiling Mind; Free guided meditation app https://www.smilingmind.com.au/smiling-mind-app</p> <p>Mind the Bump; Guided meditation for perinatal mental health https://www.mindthebump.org.au/</p> <p>More Info on Mindfulness: http://www.nhs.uk/conditions/stress-anxiety-depression/Pages/mindfulness.aspx</p>
<p><u>Counselling – Self Referral</u></p> <p>Wellbeing Scotland https://www.wellbeingScotland.org/ 01324 630100</p> <p>Cruse Bereavement Scotland https://www.crusescotland.org.uk/ 08088026161</p>	
<p><u>Stress Control Classes Online</u> Learn to manage your stress • 3 talks about stress • each session is about an hour long • they run once a week for 3 weeks • open to anyone over 16 years of age • you will be given booklets to help you if you want to learn better ways to deal with common problems like anxiety, low self-confidence, poor sleep and panic then book on to Step on Stress. Step on Stress is not group therapy or one-to-one support. You do not talk about your problems in front of others. Just sit back and learn some great ways to Step on Stress. To book online: https://bookwhen.com/fvstress To find out more email: fv.hpstress@nhs.scot</p>	