## Emotional and Mental Health Service Options

|  |  |  |
| --- | --- | --- |
| SERVICE & Information | CONTACT INFORMATION | ACCESS |
| Aberdeen Information and Counselling Service (ACIS).  Free confidential 1-1 counselling for common life difficulties such as anger, bereavement, relationships, loss, change and stress. Helping you explore and come to conclusions about your distress. | Web: [www.mha.uk.net/acis/](http://www.mha.uk.net/acis/)  1 Alford Place, Aberdeen, AB10 1YD  01224 573892 | Self-referral  Or  GP referral |
| CAIRNS Counselling  Offers 1-1 sessions for common life difficulties such as anger, bereavement, relationships, loss, change and stress. Helping you explore and come to conclusions about your distress. | Web: www.cairnsco  unselling.org.uk  27 Huntly Street Aberdeen, AB10 1TJ  01224 633131 | Self-referral  Or GP referral |
| Beating the Blues online Cognitive Behavioural Therapy (CBT)  Offers 8 sessions of online CBT. This involves identifying your thoughts and behaviours which may be contributing to stress, anxiety or depression and setting goals to work towards improving these difficulties. | See GP  No set appointment times and can be accessed easily from all internet enabled devices. Advised that sessions are completed weekly. | GP referral |
| Living Life Telephone Guided Self-Help Sessions based on CBT  Offers an initial assessment appointment, and if deemed an appropriate option you will be offered 6-9 scheduled telephone appointments with a trained guided self-help therapist. The therapist will pull on elements of CBT to help with difficulties of anxiety and depression. Workbooks often accompany sessions. | Free Telephone to firstly arrange an initial assessment.  0800 328 9655 (Monday to Friday: 1pm - 9pm). | Self-referral |
| NHS Inform Website  Information on stress, anxiety, sleep and depression and techniques to manage these difficulties. | Web: <https://www.nhsinform.scot/>  Follow links for healthy living and mental wellbeing | Website |
| NHS Moodzone Website  Offers resources to help mental health difficulties, includes audio guides and NHS approved apps. | Web: <https://www.nhs.uk/Conditions/stress-anxiety-depression/> | Interactive  Website |
| Moodjuice, online CBT based materials from NHS Forth Valley  Downloadable self-help guides for difficulties such as anxiety, panic, depression, shyness, chronic pain, OCD, PTSD, bereavement and more.  Audio guides also available. | Web: <https://www.moodjuice.scot.nhs.uk/>  For audio guides:  <https://www.moodjuice.scot.nhs.uk/asppodcast.asp> | Interactive Website |
| Samaritans telephone or face to face service  24/7 telephone support from a trained Samaritans volunteer  or  Up to 3 face-to-face sessions in the Samaritans premises. | T: [116 123](tel:116123) free from any phone  60 Dee Street, Aberdeen AB11 6DS  Call 24/7or visit the branch during:  Monday 6 p.m. – 9 p.m. Tuesday 9 a.m. – 9 p.m. Wednesday 6 p.m. – 9 p.m. Thursday 6 p.m. – 9 p.m. Friday 9 a.m. – 3 p.m. 6 p.m. – 9 p.m. Saturday 8 a.m. – 2 p.m. Sunday 3 p.m. – 6 p.m. | Self-referral |

|  |  |  |
| --- | --- | --- |
| SERVICE & Information | CONTACT INFORMATION | ACCESS |
| ‘Overcoming’, series of books based on CBT  Self-help books based on CBT therapy and techniques, written by CBT professionals and leading experts. Books provided on overcoming difficulties such as insomnia, panic, generalised anxiety, depression and more. | Most of these books are available to borrow from some Aberdeen City libraries and can be found on the website below:  <https://aberdeencity.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>  The complete series, titles and authors can be found on this website:  <https://www.anxietyuk.org.uk/product-category/book/overcoming-series/>  Alternatively they are available to buy from most book outlets. | Books |
| Penumbra 1st response  Immediate support and help to people who feel in crisis or are in significant distress.  Support is provided by telephone, email, text or through face to face appointments.  There is NO application form and NO waiting list. | Free, more information at: <http://www.penumbra.org.uk/service-locations/north-area-services/aberdeen/aberdeen-1st-response/>  You can contact 1st response directly Monday-Friday, 9am-5pm.  Aberdeen 1st Response, 20 Back Wynd, Aberdeen, AB10 1JP  T 08002343695 (free) | Self-referral |
| Penumbra POWWOW Sessions  Interactive workshops on wellbeing provided in a central Aberdeen location for anyone in the Aberdeen community. Usually facilitated by 2 penumbra workers can be around 12 people per session.    Topics such as making friendships, self-esteem, overcoming fear and balanced eating. Bringing people in the community together by exploring similar challenges they face. | Free, the year timetable for the sessions can be accessed by contacting penumbra who can also sign you up for any session you are interested in. These sessions can sometimes get filled.  Website: <https://www.penumbra.org.uk/service-locations/north-area-services/aberdeen/aberdeen-nova-service/>  20 Back Wynd, Aberdeen, AB10 1JP  E: north@penumbra.org.uk  T: 01224 621 266 | Self-referral |
| Mindfulness Meditation Sessions  Mindfulness sessions facilitated by an experienced Buddhist Monk, Ven Sujan and practitioners from Varapunya Meditation Centre. Can help to relax the body, deal wit stess, help sleep, and improve health and wellbeing. | Free, one Monday a month at Aberdeen Health Village. Tends to be the last Monday of the month and sessions tend to be 11am – 11.45am & 12noon - 12.45pm. This may vary per year. An updated calendar can be accessed via: <http://varapunyabuddhistsociety.org/events/aberdeen-health-village-mindfulness-monday-community-2/> To sign up contact [graham.fleming@nhs.net](mailto:graham.fleming@nhs.net) | Sel-referral |