

Need help now?

If you are having a difficult time and your feelings are too much for you, there are people who can help you. Please know that you're not alone. Seeking a problem is often the first step to feeling better.

Getting help

If you need urgent support, there are people here to help you right now.

Breathing Space

Breathing Space Advice provides support for people in Scotland experiencing low mood, depression or anxiety - call 0800 83 83 83

Sam's Home (Scotland)

For help and support through difficult periods, call the Samaritans 24-hour support service on 08 00 3 22 99 or email sam@samhelpline.org

NHS 24

For urgent support when other services closed call NHS 24 on 111

Emergency services

If you or someone else is seriously injured or feel this is an emergency, call 999 immediately.

To find more resources to help you feel better mentally, visit nhs.uk/mentalhealth



Your guide to anxiety and depression.



Anxiety

Feeling anxious can be perfectly normal part of life, but when you have a headache or a pain, it can become a problem when you find it hard to control your worries. When your feelings of anxiety, worry and fear are more constant and have a negative effect on your daily life, it might be time to reach out for support.

Symptoms of anxiety include:

- feeling worried or uneasy a lot of the time
- difficulty breathing
- not being able to concentrate
- being irritable
- feeling fearful
- pounding heart or palpitations
- trembling, faster
- panic attacks

If you feel you're suffering from anxiety, there's a range of resources and support available to help you. Find out how to access mental health support services.

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Depression

We all go through experiences in life that can leave us in low spirits, whether it's bereavement, relationship problems, chronic illness or sleeping problems. It's also possible to feel down without an obvious reason. Whatever the cause, if negative feelings don't go away or are stopping you from carrying on with your normal life, you may need to get some extra support.

Symptoms of depression include:

- low mood lasting for weeks or more
- not getting any enjoyment out of life
- feeling hopeless
- feeling tired or lacking energy
- not being able to concentrate on everyday things
- constant feeling of being your own enemy
- sleeping more than usual or being unable to sleep
- having thoughts of suicide or harming yourself

If you feel you have symptoms of depression, you don't have to go through it alone. There's a range of resources and support available to you. Find out how to access mental health services, online Cognitive Behavioural Therapy, or medication. You may want to visit your GP who can help you decide on the right treatment for you.

To find more resources to help you feel better mentally, visit nhs.uk/mentalhealth