scotty's
THE MILITARY BEREAVEMENT CHARITY

MENTAL HEALTH SUPPORT AND SIGNPOSTING

Here at Scotty's we provide bereavement support and counselling. We are not a crisis intervention service and so we share the below details of other organisations that will be able to help.

If you or anyone you know is struggling and needs some mental health support, please reach out to one of the suggested organisations below.

In an emergency situation, if you feel unable to keep yourself or others safe always **call 999.** If it isn't an emergency but you require some mental health support phone or visit your GP as soon as possible and explain how you are feeling. If your GP surgery is closed **call NHS 24 on 111** and press option 2 to access the NHS Mental Health Crisis Support Line.

SAMARITANS

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You can access confidential emotional support at any time from Samaritans by **calling 116 123**.

Please see their website: **www.samaritans.org**

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shout 85258

SHOUT CRISIS TEXTLINE

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. **Text the word 'Shout' to 85258.**

Please see their website: **giveusashout.org/get-help**

mind

MIND

Mind's Infoline advisors provide information on a range of topics including; types of mental health problems, where to get help and support in your local area, medication and alternative treatments. The Helpline is open 9am to 6pm, Monday to Friday (except for bank holidays)

Please see their website:
www.mind.org.uk/information-support/helplines/

Qwell

QWELL

Offers free digital mental wellbeing support for adults across the UK. Please note this service is limited to certain geographical locations.

Please see their website: **www.qwell.io**

BRITISH ASSOCIATION OF COUNSELLORS AND PSYCHOTHERAPISTS (BACP)

Use their online register to find a private counsellor in your area.

Please see their website:
www.bacp.co.uk/search/Therapists?q=

TOGETHERALL

Mental Health support, resources and courses. It is free to anyone in the UK Armed Forces, Veterans & family members aged 16+ through their partnership with the MOD & NHS England.

Please see their website:
togetherall.com/en-gb/mental-health-support-for-all-uk-armed-forces-veterans/

Armed Forces specific support

OP COURAGE

Op COURAGE is an NHS specialist mental health and wellbeing service for serving personnel due to leave the Armed Forces, reservists, veterans and their families. The service can support with mental health difficulties, psychological trauma, substance misuse, and help people access wider support around areas such as housing, relationships, finances and employment.

www.nhs.uk/nhs-services/armed-forces-community/mental-health/veterans-reservists/

Directory of Support Services

HUB OF HOPE

A UK mental health support database provided by national mental health charity, Chasing the Stigma. You can search specifically for 'Armed Forces Support.'

Please see their website:
www.hubofhope.co.uk

If your situation isn't an emergency but you require some guidance, **we are here for you.** Whether you need to request a bit of extra help with how you are feeling or you would like to look to talk things through, at Scotty's we want to remind you that you are not alone and **we are here for YOU whenever you need us.**

GET IN TOUCH

Phone: 0800 092 8571

Whatsapp: 07392868291
opening hours: 09:00-17:00

Email: welcome@scottyslittlesoldiers.co.uk

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