



## REACH OUT – MAKE A DIFFERENCE TO SOMEONE WHO'S LONELY

### SIGNPOSTING SUPPORT

#### HELPLINES

##### SAMARITANS

Free, confidential service for anyone needing someone to talk to – operates 24 hours and 365 days

**Phone:** 116 123 (free number)

**Website:** [www.samaritans.org/your-community/samaritans-work-scotland](http://www.samaritans.org/your-community/samaritans-work-scotland)

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Local branch:** 67a Tomnahurich Street, Inverness: 01463 713456

##### SILVER LINE SCOTLAND

Free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

**Phone:** 0800 4 70 80 90

Textphone on 0333 323 2451 (Monday to Friday, 9am-5pm).

Telephone interpretation is also available.

**Website:** [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

##### BEFRIENDERS

###### Face to Face Befriending

Inverness only – one to one confidential social contact with a trained volunteer.

###### Distance Befriending

Available across Highland and Argyll & Bute for people aged 18+ who have experience of mental ill health. Contact can be by phone, letter or email.

**Phone :** 01463 712791

**Website:** [www.befriendershighland.org.uk/](http://www.befriendershighland.org.uk/)

**Across the Highlands :** Befriending services operate in : Argyll & Bute, Badenoch & Strathspey, Caithness, Glenurquhart & Strathglass and Lochaber.

**More information :**

[http://www.befriending.co.uk/befriendingdirect\\_ory\\_results.php?region=8](http://www.befriending.co.uk/befriendingdirect_ory_results.php?region=8)

##### BREATHING SPACE

Free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety.

**Phone:** 0800 83 85 87 available:

- 24 hours at weekends (6pm Friday - 6am Monday)
- 6pm to 2am on weekdays (Monday - Thursday).

**Website:** <http://breathingspace.scot/>



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### SIGNPOSTING SUPPORT

#### MIKEYSLINE

Non-judgemental confidential peer-support text service for anyone feeling worried, anxious, stressed or depressed. Inverness based.

Lines open 7pm Friday to 7am Monday

**Text:** 07779 303 303

**Website:** [www.mikeyslines.co.uk](http://www.mikeyslines.co.uk)

**Facebook:**

[www.facebook.com/MikeysLineInv](http://www.facebook.com/MikeysLineInv)

#### LIVING LIFE

Provide appointment-based telephone support based on Cognitive Behavioural Therapy over 4-9 sessions, through a team of Self-help Coaches and Therapists.

**Phone :** 0800 328 9655 available

- Monday - Friday: 1pm to 9pm

**Website:** <http://breathingspace.scot/living-life/>

### WEB SUPPORT/DATABASES

#### MIND

**Mind Infoline** – information on types of mental health problem, where to get help, medication and alternative treatments and advocacy.

**Phone:** 0300 123 3393

**Text:** 86463

**Legal Line** - legal information and general advice on mental health related law covering mental health, mental capacity, community care and human rights and discrimination /equality related to mental health issues.

#### KEEP ACTIVE

Website directory of activities and organisation for older people in the Inverness area, managed and updated by the Inverness Men's Shed.

**Website:** [www.keepactive.net](http://www.keepactive.net)

#### ALISS

ALISS (A Local Information System for Scotland) is a search website for health and wellbeing activities across Scotland.

**Website:** [www.aliss.org](http://www.aliss.org)

#### ABAN

(Argyll & Bute advice network)

Website directory for a wide range of services/organisation/activities for residents of Argyll and Bute.

**Website:** [www.argyllandbuteadvice.net](http://www.argyllandbuteadvice.net)

#### LIVING IT UP

Online resource for searching for local activities, advice and support on managing conditions and interactive health & wellbeing tools.

**Website:** [www.livingitup.scot](http://www.livingitup.scot)