



**MIND
YOUR
HEAD**



**A publication by Inchgarth
Community Centre**



Urgent Help

These services are available 24 hours a day and are there to help you whenever you need.

Call **SAMARITANS** on 116 123

For anyone who feels anxious, stressed or suicidal and needs someone to talk to

Call **childline** on 0800 1111

For children and young people aged under 19 who need emotional support

Text **shout** on 85258

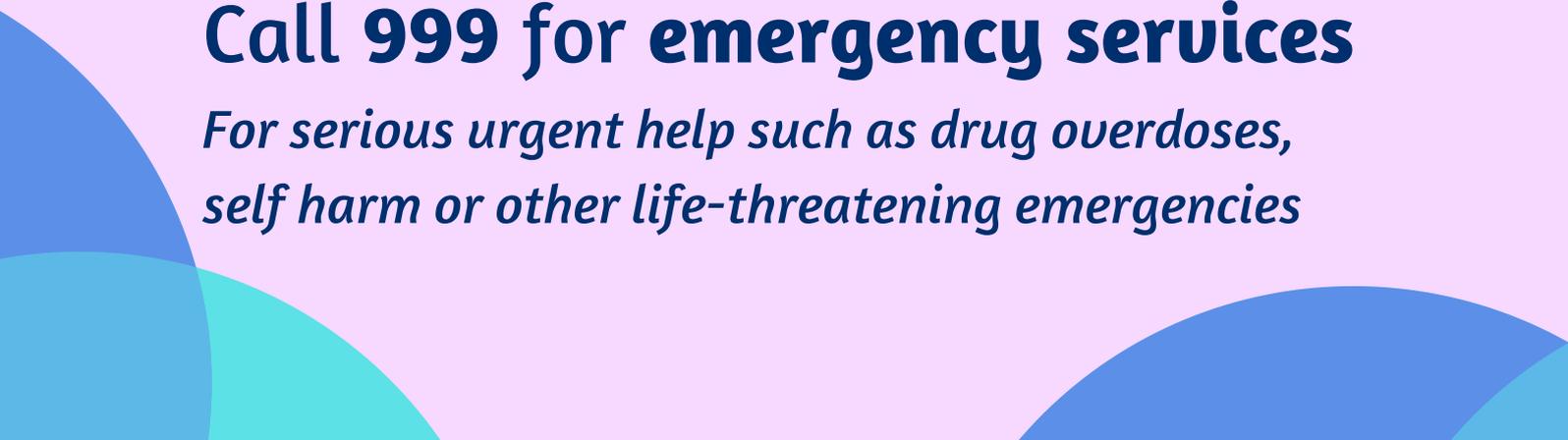
For anyone who is in a crisis and needs immediate support

Call **NHS** on 111

For urgent medical concerns such as suicidal thoughts

Call **999 for emergency services**

For serious urgent help such as drug overdoses, self harm or other life-threatening emergencies





With 1 in 3 people experiencing a mental health problem each year in Scotland, it is crucial that there are services on hand to help those who need it. In this booklet you can find various different mental health services, including urgent help and local services in the Aberdeen area. These services can be used as a helping hand, a shoulder to cry on or simply someone to tell your worries too. Whether you need the help yourself or if you know someone who needs help, the services in this booklet will be more than happy to help.

Don't suffer in silence.



Local Services

Here are some services that are based in Aberdeen and Aberdeenshire that you can contact for help and support.



www.penumbra.org.uk
01224 642854
north@penumbra.org.uk

Penumbra is a leading mental health charity providing a number of services and support

Mental Health Aberdeen is a charity providing support services, counselling & advice to adults and children



www.mha.uk.net
01224 573892

acis.office@mhaberdeen.org.uk



www.acvo.org.uk
01224 686058
enquiries@acvo.org.uk

Aberdeen Council of Voluntary Organisations (ACVO) exists to develop, support and represent the third sector.

Priory Aberdeen provides flexible & accessible outpatient support for various mental health conditions



www.priorygroup.com
0801 301 4978

aberdeenwellbeing@priorygroup.com



Advocacy
Service
Aberdeen

www.advocacy.org.uk

01224 332314

asa@advocacy.org.uk

*Advocacy Service Aberdeen
are a free service offering
independent advocates for
those with mental disorders*

*Foyer Aberdeen support and
rehabilitate people back
into independent living
after being homeless or
unemployed*



www.aberdeenfoyer.com

01224 212924



facebook.com/ManChatAbz
manchatabz@gmail.com

*Man Chat is a Facebook
community focused on
male mental health
issues and offer weekly
discussion meetings and
social events*

*Grampian Women's Aid
offer support for
women, children and
young people who have
suffered domestic
abuse*



www.grampian-womens-aid.com

01224 593381

info@grampian-womens-aid.com

Student Services

Being a student can be hard sometimes. Your university or college are always there to help when you are feeling overwhelmed with work or having any other troubles.



www.ausa.org.uk
01224 274200
ausaadvice@abdn.ac.uk

AUSA Advice offers free and impartial advice to students, whether it's for your health/wellbeing, your studies or employment

RGU:Union will provide you with help to fully enjoy your time at RGU. They will listen at a convenient time for you, & not judge you but offer help and support



www.rguunion.co.uk
01224 262266
advice@rguunion.co.uk

**NORTH EAST
SCOTLAND
COLLEGE**



www.nescol.ac.uk
01224 612330
studentadvice@nescol.ac.uk

NESCol is committed to making a positive difference to all students by offering a range of resources and services to those who need it



National Services

These services are available in Scotland for you to contact if you want help but would rather not go somewhere on your doorstep.



www.samh.org.uk
0141 530 1000
enquire@samh.org.uk

*Scottish Association for
Mental Health work to
provide mental health social
care services across Scotland's
communities*

*Breathing Space is a phone
service for anyone in
Scotland over the age of 16
experiencing low mood,
depression or anxiety*



www.breathingspace.scot
0800 838587



www.turningpointscotland.com
01224 577322
info@turningpointscotland.com

*Turning Point Scotland
specialises in
supporting people
facing the most
complex and
challenging situations*



Additional Services

Here are some more local and national services specific to different mental health illnesses. Visit each website for more information.

Anxiety UK

www.anxietyuk.org.uk
03444 775 774 (call)
07537416905 (text)

Bipolar Aberdeen

www.bipolaraberdeen.org.uk
0141 560 2050 (leave a message for 'Bipolar Aberdeen')

CALM

www.thecalmzone.net
0800 58 58 58

Men's Health Forum

www.menshealthforum.org.uk
020 7922 7908

Mental Health Foundation

www.mentalhealth.org.uk
0141 572 0125

OCD Action

www.ocdaction.org.uk
0333 212 7890

NSPCC

www.nspcc.org.uk
0808 5000

Refuge

www.refuge.org.uk
0808 2000 247

Alcohol Anonymous

www.alcoholics-anonymous.org.uk
0800 917 7650

Rape Crisis Scotland

www.rapecrisisscotland.org.uk
0808 801 0302

Alzheimer's Scotland

www.alzscot.org
0808 808 3000

AMIS (Abused Men in Scotland)

www.abusedmeninscotland.org
0808 800 0024

Cruse Bereavement Care Scotland

www.crusescotland.org.uk
0845 600 2227

In Care Survivors

www.incaresurvivors.org.uk
0800 121 6027

Mosac

www.mosac.org.uk
0800 980 1958

Scottish Women's Aid

www.womensaid.scot
0800 027 1234

SurvivorsUK

www.survivorsuk.org
02035983898

My Life Dynamic

www.mylifedynamic.org.uk
0300 1234 677

SSAFA

<https://www.ssafa.org.uk/>
0800 731 4880

Sane

<http://www.sane.org.uk/>
0300 304 7000

Alcohol & Drugs Action

<http://www.alcoholanddrugsaction.org.uk/>
01224 594700/07927192706

Rehab4Addiction Aberdeen

www.rehab4addiction.co.uk/country-wide/drug-alcohol-rehab-aberdeenshire
0800 140 4690

Aberdeen Psychology

www.aberdeenpsychology.co.uk
01224 452848

Voluntary Service Aberdeen

www.usa.org.uk
01224 212021

YoungMinds

www.youngminds.org.uk
Text 'YM' to 85258
0808 802 5544 (Parents helpline)



The Queen's Award
for Voluntary Service



Community Centre

Inchgarth Community Centre is Aberdeen's busiest & most successful community centre, located in Garthdee & established in 1984. Inchgarth was **Awarded the Queen's award for voluntary service by Her Majesty the Queen, the highest award in the UK.**

Before Covid-19 Inchgarth Community Centre had 170 sessions of activity for every age group as well as a huge range of opportunities & facilities for all.

We can not wait to get back to the full scale programme, however for now we are running a covid-19 emergency response service. With a food bank every Wednesday 2.30pm - 4.00pm & social calls where needed, including our main support project. If you could do with help or know anyone who could benefit with help during this time please do not hesitate to call.

www.inchgarth.org
inchgarthcc1@btinternet.com
01224 325191
[facebook.com/inchgarthcc](https://www.facebook.com/inchgarthcc)

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Aberdeen
AB10 7DR