

OTHER USEFUL CONTACTS

Breathing Space - 0800 83 85 87

(Open Mon-Thurs 6pm-2am and weekends 24 hours)

Breathing Space is a free, confidential phone and web based service for any individual who is experiencing low mood or depression.

A BSL (British Sign Language) service is also available via the website.

www.breathingspacescotland.co.uk

Samaritans - 08457 90 90 90 (Open 24 hours)

Samaritans provides confidential non-judgemental emotional support, 24 hours a day.

www.samaritans.org

NHS 24 - 111

NHS 24 is an online and telephone based service which provides comprehensive and up to date health information and self-care advice for people in Scotland.

www.nhs24.com

Living Life

0800 328 9655

NHS
24

Living Life

**Feeling low, anxious
or stressed?**



**Living Life is a FREE telephone
service that could help.**

0800 328 9655

Open Monday – Friday, 1pm – 9pm

What is NHS Living Life?

Living Life is a free phone service for anyone aged 16 and over experiencing low mood, mild/ moderate depression and/or anxiety.

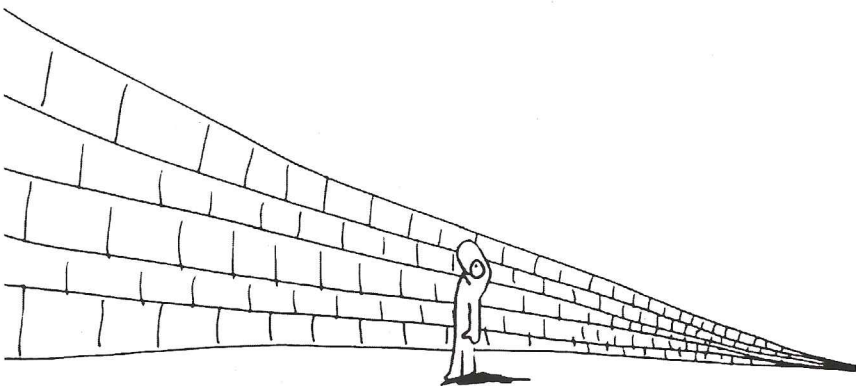
Living Life is based on a Cognitive Behavioural Therapy (CBT) approach. The service offers two types of telephone support:

1) Guided Self-help

Self-help Coaches guide individuals through self-help workbooks, to help them understand some of the reasons why they are feeling low or anxious.

2) Cognitive Behavioural Therapy

Therapists support individuals to identify patterns of thinking and develop new ways of coping.



What to expect?

You will be asked to complete a short questionnaire to ensure Living Life is best suited to your needs.

If so, you will be offered a series of telephone support sessions.

To find out more about Living Life ask your GP for a referral or call us on **0800 328 9655**.

You can also find further information at:
www.nhs24.com/UsefulResources/LivingLife

"I feel much happier. I am now a much stronger and more confident person."

"I was able to work on tools and mind-set to help me deal with the life stresses that came my way."