

Times are hard for everyone right now. Here are a few resources, websites, phone numbers and apps that might be able to help. Don't suffer in silence.

Crisis and emotional support helplines

The following helplines provide emotional and crisis support for everyone affected by mental ill health:

Breathing Space

W: breathingspace.scot

T: 0800 83 85 87

Offers a free, confidential phone and web-based service for people in Scotland experiencing low mood, depression or anxiety.

Samaritans

W: samaritans.org

E: jo@samaritans.org

T: 116 123 (Freephone, 24 hours a day, 7 days a week. 365 days a year)

24-hour emotional support for anyone struggling to cope. They allow people to talk about feelings of distress and despair, are confidential and offer non-judgemental support.

Shout

W: giveusashout.org

Text: 85258

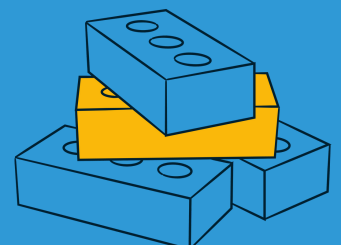
Shout is volunteer-run and is the UK's first 24/7 crises text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

Saneline

W: saneline.org.uk

T: 0300 304 7000

Saneline provides out of hours mental health and emotional support and information to anyone effected by mental ill health.



Mental health information helplines

The following helplines provide advice and information on mental health but cannot provide emotional or crisis support.

Mind Infoline

T: 0300 123 3393 (local call rates apply, 9am – 6pm, Mon – Fri)

Text: 86463

Information on types of mental health issues, where to get help, medication and alternative treatments and advocacy.

ReThink Advice and Information Service

T: 0300 5000 927 (local call rates apply, 9.30am – 4pm)

Practical help and information on issues such as the Mental Health Act, community care, benefits, debt, criminal justice and carer's rights

General online mental health resources and self-help apps

SAMH

W: samh.org.uk/information-service

T: 0344 800 0550 (local call rates apply, 9am – 6pm, Mon – Fri)

E: info@samh.org.uk

SAMH offers support and information. If you'd like help seeking the correct support for you or to find out more about mental health problems, the SAMH Information Team can help. Please note, this is not a listening or crisis service. More advice around improving and maintaining wellbeing during the coronavirus pandemic can be found [here](#).

Mind

W: mind.org.uk

Wide range of services related to mental health. The national mind organisation also acts as an umbrella organisation to many independent local Mind organisations, which provide different services across the country, e.g. therapy services, self-help groups and alternative therapies.

Big White Wall

W: bigwhitewall.com

A safe online community of people who are anxious, down or not coping, who support and help each other by sharing what's troubling them, guided by trained professionals. Also available as an app.

Fear Fighter

W: fearfighter.cbtprogram.com

A NICE guideline approved, evidence based online program for generalised anxiety, panic and phobia. Uses cognitive behavioural therapy principles.

Headspace

W: [headspace.com](https://www.headspace.com)

App based around teaching mindfulness meditation practices to improve wellbeing.

Moodjuice

W: moodjuice.scot.nhs.uk

Self-help website developed by Scottish NHS clinical psychologists.

Stay Alive App

W: prevent-suicide.org.uk

Suicide prevention pocket app for the UK developed by Grassroots Suicide prevention. Allows users to create a list of resources and strategies to stay safe from suicide, and it links into crisis support available.

Theatre specific resources



Theatre helpline

T: 0800 915 4617 (All calls are free of charge)

E: advice@theatrehelpline.org

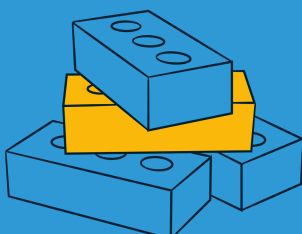
Managed by UK Theatre and the Society of London Theatre, this confidential resource offers support and advice on a range of personal and professional topics, including bullying, physical and mental health, finance, careers and retirement issues. It is open to anyone working in theatre, whether in-house or freelance. Callers will be given a safe place to share worries and concerns, and be provided with the resources they need to seek professional help if necessary.

ArtsMinds

A collaboration between BAPAM, Equity, The Stage and Spotlight, ArtsMinds has clear and useful guidance sections including mental health, career, finances, relationships, helping others and a section for those in immediate danger. Pretty much any issue you can think of will be covered in this comprehensive resource hub.

Playing Sane

Playing Sane aims to battle the neglect that mental wellbeing has previously received in the theatre industry. On its website you can read advice from a wide range of people and groups, access other useful resources and find signposting for your specific problem if you need to take it further.



The Theatrical Guild

The Theatrical Guild provides practical help to backstage and front of house theatre workers, whether with financial support, counselling, welfare or anything else. If you'd like to ask them for advice or assistance, simply fill in the application form on their website.

Equity Charitable Trust

Equity Charitable Trust provides financial support to theatre professionals considering a change of career, have had an adverse change in circumstances or need debt or benefits advice. They offer educational grants to retrain and re-qualify in a different field, welfare grants to help with unexpected setbacks, and theatre grants to provide seed money for capital building projects that will benefit actors directly. If you believe you qualify for any of these grants, apply on their website.

Money and Mental Health



Mental Health and Money Advice

W: mentalhealthandmoneyadvice.org/scot

A helpful resource including practical advice around mental health and money including information on benefits and a savings calculator tool.

Money and Mental Health

W: moneyandmentalhealth.org

An independent charity, committed to breaking the link between financial difficulty and mental health problems.

Therapy

There are a lot of different kinds of therapists out there and it's important to find the right one. NHS Scotland has some tips on finding the right one [here](#).

A directory of Scotland based accredited counsellors can be found [here](#). You can search by location, type of therapy, what's bothering and if you'd prefer to meet in person or online.

General advice, information and support

Citizen's advice

W: citizensadvice.org.uk/scotland

T: 03444 11 444

Free, independent information and advice for people, about money, legal, consumer, housing and other problems. The website is searchable for your local bureau and has a dedicated web chat service.

NHS Choices

W: NHS.uk

Information on all health related issues, including symptoms, conditions, treatments and local NHS services. Dedicated section on mental health (under 'Live Well' heading, or search for 'moodzone')

