

## Helpful Resources:

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

Moodjuice Forth Valley is designed to offer information and advice to those experiencing troublesome thoughts, feelings and actions. Provides print off self-help guides.

[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

Breathing Space is a free, confidential phone line you can call when feeling down or worried about life.  
Phone: **0800 83 85 87**

[www.samaritans.org](http://www.samaritans.org)

Confidential emotional support, 24 hrs /day for people experiencing feelings of distress or despair.  
Phone **08457 90 90 90**

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

Website designed to help people manage problems which are troublesome but not incapacitating.

[www.livinglifetothefull.com](http://www.livinglifetothefull.com)

Online life skills course providing modules to help key skills and tackle some of life's problems.

[www.first-steps.org](http://www.first-steps.org)

First Steps to Freedom offers advice and counselling to people suffering anxiety, phobias and compulsive disorders. Phone: **0845 120 2916**

[www.apni.org](http://www.apni.org)

Association for post-natal illness provides a confidential phone line for mothers who need to talk with someone who has recovered from the illness for support.

Phone: **020 7386 0868**