

Helpful online resources:

- www.moodjuice.scot.nhs.uk – NHS site for info, advice and useful links relating to mental health
- www.hebs.co.uk – helpful guides to mental health and useful links
- www.mind.org.uk - facts and info on mental health and related sites
- www.care-for-the-family.org.uk – promotes healthy family life and helpful resources in situations of family breakdown
- www.stress.channel4.com – site on beating stress
- www.mindbodysoul.gov.uk – info on issues affecting young people
- www.at-ease.nsf.org.uk – mental health issues for young people
- www.bac.co.uk – search online for a counsellor
- www.chooselife.net – national programme for improving mental health

Useful Support Organisations:

Helplines:

- Sleep matters self-help group helpline Tel: 0181 994 9874 (Mon-Fri 5pm-10pm)
- Cross line central – confidential telephone counselling service (Mon-Fri) Tel: 0845 658 0045
- Breathing space – helpline 6pm – 2 am daily Tel:0800 83 85 87
- National Drugs helpline Tel: 0800 776 600

Face to face resources:

- Stirling and District Assoc. for mental health Tel: 01786 451203
 - Stirling Mental Health community support Tel: 01786 432300
 - Manic Depression Fellowship Scotland - contact Health Info centre Stirling Tel: 01786 446688
 - Healing Rooms Stirling – For those who want an alternative approach through prayer and laying on of hands for healing. Thursdays 12 -2pm Tel: 01786 475320
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- **Remember you can also receive help and support from your own Health Centre and GP.**