

WEBSITES

Better Health – Every Mind Matters

<https://www.nhs.uk/every-mind-matters/>

Breathing Space

<https://breathingspace.scot/>

Citizens Advice Scotland Money Map

<https://moneymap.scot/>

Cruse Bereavement Care Scotland

<https://www.crusescotland.org.uk/>

Health in Mind

<https://health-in-mind.org.uk/>

National Wellbeing Hub
<https://wellbeinghub.scot/> for everyone working in health, social care and social work in Scotland.

PTSD UK PTSD & C-PTSD

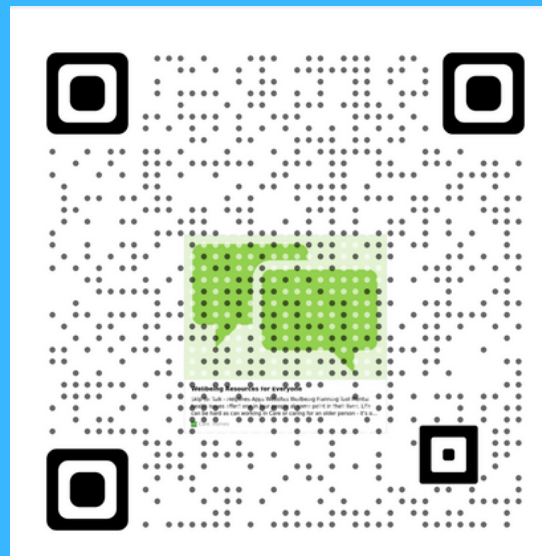
<https://www.ptsduk.org/>

Resilience Resource

<https://resilienceresource.co.uk/index.html>

Wellbeing Lothian

<https://services.nhslothian.scot/wellbeinglothian/>



Sign Post for Care Home Staff Experiencing Emotional Distress.



Care Homes, NHS Lothian - wellbeing resources for everyone-
<https://services.nhslothian.scot/carehomes/staff-health-wellbeing/wellbeing-resources/>

Daylight-
<https://onboarding.trydaylight.com/daylight/healthandcare-scot/260#1/1>

Feeling Good App for a Positive Mind -
<https://www.feelinggood.app/>

Sleepio – insomnia
<https://onboarding.sleepio.com/sleepio/healthandcare-scot/171#1/1>

Talking Help Lines

Breathing Space – low mood, anxiety or depression.

[Breathing Space](#) is a free confidential service for people in Scotland. [Open up when you're feeling down - phone 0800 83 85 87](#)

Cruse Bereavement Care Scotland –

Cruse Calls to 0808 80 numbers are free from landlines and mobiles Monday to Thursday, 9am-8pm; Friday 9am-4pm 0800 802 6161
<https://www.crusescotland.org.uk/>

HERE 4 U -

The Here 4 U team are here to provide wellbeing and psychological support to NHS Lothian and Health and Social Care Partnership staff, including staff providing care to others in the community and in residential homes operated by the HSCPs. Here4U@nhslothian.scot.nhs.uk or call 0131 451 7445.

National Wellbeing Helpline –

0800 111 4191
The wellbeing helpline is a confidential service for staff.