

Helplines and Web Addresses for use in a Mental Health Crisis

Edinburgh Crisis Centre provide a telephone helpline to the people of Edinburgh aged 18 and over who use or have used mental health services and their carers on 0808 801 0414. They are open 24 hrs a day.
www.edinburghcrisiscentre.org.uk

Samaritans are open 24 hrs a day and your call will be answered by a trained advisor on 116 123.
www.samaritans.org or you can e-mail them at jo@samaritans.org.

Breathing Space is a free helpline open 6pm-2am Monday to Friday and 24 hrs a day from Friday evening to Monday morning on 0800 83 85 87.
www.breathingspacescotland.co.uk

Saneline is open from 6pm-11pm every day of the year on 0300 304 7000.
www.sane.org.uk or e-mail them at SANEmail@sane.org.uk

Mental Health Assessment Service (MHAS) based between the Royal Edinburgh Hospital (REH) and the New Edinburgh Royal Infirmary (NERI) operates 24 hrs per day, 365 days of the year 0131 537 6000.

NHS 24 is a general medical helpline on short code 111. www.nhs24.com

Social Care Direct Edinburgh social work department 0131 200 2324.

Action On Depression has a list of up to date crisis services on its web site at www.actiondepression.org

Women's Aid Edinburgh: 0131 315 8110, East Lothian: 0131 561 5800, Mid Lothian: 0131 561 5800, West Lothian: 01506 413721

Domestic Abuse Helpline 0800 027 1234 (24hrs, free)

Lothian Groups Service Adult Mental Health



Supporting Your Recovery

Approved by: Clinical Policy, Documentation & Information Group

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This booklet covers groups delivered by the Lothian Groups Service in Edinburgh city and groups delivered by the Rivers Centre.

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Interpretation and Translation Service – this leaflet may be made available in a larger print, Braille or your community language.

Light Bulb

This group is for people who feel high levels of anxiety and who re-live a traumatic event through nightmares and day-time memories. You may also be avoiding people, places and other reminders of the trauma. The aim is to help you learn new ways of coping. The group runs for 5 weeks, each session lasts 1 hour.

Previous Group Members' Feedback

When asked what they found particularly helpful about the group sessions, patients' responses included:

"Being able to talk about personal experiences and have people listen. I realised I'm not alone".

"Positive reinforcement. Seeing people improve".

"Atmosphere conducive to share ideas and learn from others".

"I felt listened to".

"I found the smaller groups helpful and the shared experiences of others depression and ideas help me analyse mine".

"Great group. Right amount of time for each session. Everything explained and discussed well. Time taken to help everyone especially when an individual is really struggling".

"Duration of the course allows time for reinforcement".

Groups delivered by the Lothian Groups Service

Anxiety Management

This group allows people to understand how anxiety presents itself, how they react to high levels of anxiety and how anxiety is maintained. There is the opportunity to learn practical ways of managing and directly challenging anxiety in a safe and supportive environment, which will help you learn how to manage your anxiety over time.

The group runs for 11 weeks. Each session lasts 2 hours.

Obsessive Compulsive Disorder (OCD)

This group is for people whose main presenting difficulties involve engaging in repetitive and ritualistic behaviours to reduce feelings of distress stemming from intrusive thoughts. You may have a diagnosis of OCD.

The group aims to help you gain an understanding of your difficulties and introduces techniques to manage these.

This group runs for 8 weeks. Each session lasts 2 hours.

Managing Your Mood

This group is aimed at people experiencing depression. You can talk about how your mood affects your life and hear about how others also experiencing low mood feel and cope.

Understanding more about depression can help you to reflect on your coping skills and possibly make changes. This will help you to gain a better understanding of your thoughts, emotions, behaviours and physical symptoms.

The group runs for 10 weeks. Each session lasts 2 hours.

Mindfulness

Mindfulness is a course that aims to increase awareness of people's natural tendency to operate on autopilot. Mindfulness is good for everyone, but can be particularly useful for people recovering from depression. Becoming more aware of the present moment can help us to enjoy the world around us more and to understand ourselves better.

Mindfulness means paying attention in a particular way, on purpose, in the present moment and non-judgementally – Jon Kabat-Zinn.

The group runs for 8 weeks. Each session lasts 2 hours.

Survive and Thrive

This group is for people who have high levels of fear, shame, low mood, anger and distress as a result of experiencing trauma, neglect and abuse in their life.

This group will help you to link your current problems with your past. The aim is to help you learn new ways of coping. This is a non-disclosure group. This means that you will not be asked to talk about your traumatic experiences.

The group runs for 10 weeks. Each session lasts 2 hours. There are separate female and male groups.

Groups delivered by the Rivers Centre

Compassionate Resilience Course

This group is for people who have high levels of shame, guilt and self hatred as a result of early childhood traumatic, neglectful or abusive experiences

This group runs for 12 sessions and lasts 2 ½ hours. There are separate female and male groups.

What Can You Expect?

Groups

Groups are a safe, supportive place to make sense of your experiences. The idea of being in a group may seem daunting, but this is normal and it is likely that everyone else will be feeling the same way.

Once you have been referred to the Lothian Group Service, you will be invited to attend a pre-group appointment to meet the therapist delivering the group and ask any questions you have about the group. After the first group session, it usually gets much easier. Group facilitators will do their best to help people feel comfortable. People often say that meeting other people with similar problems is reassuring and helpful.

Confidentiality

We never share information about a person outside of our team, except if there is a concern around risk.

Referrals

If you would like to attend a group, please contact your GP or whomever you are working with in your mental health team.