

## Mental health support and resources while you wait

### Information for patients on the waiting list

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This is a letter to inform you that you have been added to the waiting list for a Psychiatry outpatient appointment. This will have been following a referral from your GP or other healthcare professional.

We appreciate that being on a waiting list can be an uncertain time, so we have compiled information on resources that might be helpful for you as you wait. Some of these will be affiliated with the NHS but many will not be. We have spent time vetting these so they were appropriate and relevant as of February 2024, but I'm afraid that we have no responsibility for or control over any changes that may have been made since then. Everyone's needs will be different, but we hope there is something there to help you.

We need to be clear that this is not a replacement for shortening NHS waiting times, but the goal is to support you as you wait. Sending this list is a new process following some research we did into our service and the experience of people on a waiting list. With that in mind, we'd be very grateful if you could return the short questionnaire at the end of this leaflet back to us. Please use the prepaid envelopes provided.



Kind Regards,  
Dr D Murdie, Consultant Psychiatrist,  
Dr K Murphy, Consultant Psychiatrist,  
Dr R Sharp, Speciality Doctor in Psychiatry

## If you need urgent help



You will find attached summary lists to the Mental Health services/resources/useful links that you might find useful while waiting to be seen by the appropriate mental health service you were referred to. However, if you need to speak to someone **urgently** you can use the crisis contacts below:

<b>Breathing Space</b>	<b>0800 83 85 87</b> - Free, National confidential helpline <b>Weekdays:</b> Monday-Thursday 6pm to 2am <b>Weekend:</b> Friday 6pm-Monday 6am
<b>Samaritans</b>	<b>116 123</b> - National confidential helpline 24hours <b>0131 221 9999</b> - Local branch 9am–10pm Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
<b>Edinburgh Crisis Centre</b>	<b>0808 801 0414</b> - Local confidential helpline 24 hours <b>07974 429 075</b> - Text number Email: <a href="mailto:crisis@edinburghcrisiscentre.org.uk">crisis@edinburghcrisiscentre.org.uk</a> Offers sensitive, one to one support and information on a primarily face-to-face basis. The centre also provides a safe private space for people in distress to receive support, including overnight accommodation if required.
<b>MHAS</b>	<b>0131 5376000</b> - Available 24 hours. A nurse led team based at the Royal Edinburgh Hospital to assess people experiencing a mental health crisis. You will be referred to the agency or service that best meets your needs and liaise with your healthcare provider about your care and assessment.
<b>NHS 24</b>	<b>111</b> - Available 24 hours <a href="http://www.nhs24.com">www.nhs24.com</a>

## General mental health - self-help websites

<b>Living Life to the Full</b> <a href="http://www.lltff.com">www.lltff.com</a>		<p>Free Online Course.</p> <p>Self-help course for anxiety, depression and related mental health issues.</p>
<b>Wellbeing Services</b> <a href="http://www.wellbeing-glasgow.org.uk">www.wellbeing-glasgow.org.uk</a>		<p>Website with relaxation and self-help resources for varied mental health issues. Includes information on anxiety, depression, self-esteem, alcohol, and sleep difficulties.</p>
<b>Mind</b> <a href="http://www.mind.org.uk">www.mind.org.uk</a>		<p>Website with fact sheets and mental health information.</p>
<b>CCI</b> <a href="http://www.cci.health.wa.gov.au">www.cci.health.wa.gov.au</a>		<p>Website with free workbooks and resources for varied mental health issues.</p>
<b>Royal College of Psychiatrists</b> <a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a>		<p>Website with information and resources on varied mental health issues. Includes some information leaflets that have been translated into other languages.</p>
<b>Multikulti</b> <a href="http://www.multikulti.org.uk/en/health/">www.multikulti.org.uk/en/health/</a>		<p>Information, advice, guidance and learning materials in community languages.</p>



## Depression

<b>Mood Gym</b> <a href="http://www.moodgym.anu.edu.au">www.moodgym.anu.edu.au</a>		Free online interactive self-help site for cognitive behavioural therapy (CBT) for depression.
<b>Blue Pages</b> <a href="http://www.bluepages.anu.edu.au">www.bluepages.anu.edu.au</a>		A good site for anyone who knows quite a bit about depression and is interested in finding out more about diagnosis and treatment. Links to further resources.

## Bipolar Disorder

<b>MDF</b> <a href="http://www.mdf.org.uk">www.mdf.org.uk</a>		MDF Bipolar organisation produces information and advice specifically related to bipolar disorder.
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## Anxiety

<b>Anxiety and Panic Attacks</b> <a href="http://www.panic-attacks.co.uk">www.panic-attacks.co.uk</a>		Interactive self-help site for panic. The 'Panic Attack course' (free) can be completed online or emailed to you to complete as and when you have time.
<b>No Panic</b> <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>		Basic information and booklets on anxiety.



## Phobias and OCD

<b>OCD Action</b> <a href="http://www.OCDaction.org.uk">www.OCDaction.org.uk</a>		Information about OCD and telephone support.
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## PTSD

<b>Mind - PTSD</b> <a href="http://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/useful-contacts/">www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/useful-contacts/</a>		Information on PTSD with links to other useful websites & organisations.
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## Adult Survivors of Childhood Sexual Abuse

<b>Survivor Scotland</b> <a href="http://www.disabilityscotland.org.uk/organisation/survivorscotland/">www.disabilityscotland.org.uk/organisation/survivorscotland/</a>		Website developed by the Scottish Government with wide range of material about abuse. Provides links to other websites that may also be useful.
<b>We Stand</b> <a href="https://westand.org.uk/">https://westand.org.uk/</a>		Provides information, support and helpline for non-abusing parents or carers of children who have been sexually abused.
<b>Victim Support Scotland</b> <a href="https://victimsupport.scot/">https://victimsupport.scot/</a>		For victims of all crime, provides free and confidential independent help, emotional support, practical help and information about compensation, crime prevention and criminal justice procedures and help when attending court.

## Chronic Fatigue/ME

<b>ME Association</b> <a href="http://www.meassociation.org.uk">www.meassociation.org.uk</a>		Website provides information, support and advice for chronic fatigue syndrome.
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## Eating Disorders

<b>Beat</b> <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>		Information and help on all aspects of eating disorders including anorexia nervosa, bulimia nervosa, binge eating and other related disorders.
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## Schizophrenia

<b>Rethink</b> <a href="http://www.rethink.org">www.rethink.org</a>		Originally the National Schizophrenia Fellowship Scotland site. Publications, advice, information, projects and good external links.
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## Self-Harm

<b>Alumina</b> <a href="https://alumina.selfharm.co.uk/">https://alumina.selfharm.co.uk/</a>		Site dedicated to young people (age 10-17) and self-harm. Includes details of helpful organisations, research studies and entries from individuals.
<b>National Self Harm Network</b> <a href="http://www.nshn.co.uk">www.nshn.co.uk</a>		Provides support for people who self-harm. Online forums also support those, such as family and friends, who may be indirectly affected by self-harm.





## Alcohol and Drug use

 <b>Change Grow Live</b> <a href="https://changegrowlive.org/">https://changegrowlive.org/</a>		It is a national health and social care charity. We can help you with challenges including drugs and alcohol, housing, justice, health and wellbeing.
 <a href="https://shaap.org.uk/">https://shaap.org.uk/</a>		Scottish Health Action on Alcohol Problems (SHAAP) works to reduce the impact of alcohol-related harm on the health and wellbeing of people in Scotland.
 <a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>		If you seem to be having trouble with your drinking, or if your drinking has reached the point of where it worries you, you may be interested to know something about Alcoholics Anonymous and the AA programme of recovery from alcoholism.
 <a href="https://scottishrecoveryconsortium.org/">https://scottishrecoveryconsortium.org/</a>		Supports, represents and connects recovery across Scotland. We are a small team working nationally across Scotland to provide events, training, representation and community development. Scottish Recovery Consortium adopts a rights-based approach and believes in collaborative working.
 <a href="https://smartrecovery.org.uk/">https://smartrecovery.org.uk/</a>		Helps individuals recover from any addictive behaviour and lead meaningful and satisfying lives., using a science-based therapeutic programme of training.

## Bipolar

<b>Bipolar Scotland</b> <a href="https://bipolarscotland.org.uk/">https://bipolarscotland.org.uk/</a>		Provides help and advice for people living with bipolar and their family/friends/carers.
<b>Bipolar Edinburgh</b> <a href="http://www.bipolaredinburgh.org.uk">www.bipolaredinburgh.org.uk</a>		Bipolar Edinburgh offer a peer support service and monthly support group for those in living in Lothian.

## Other Useful Websites:

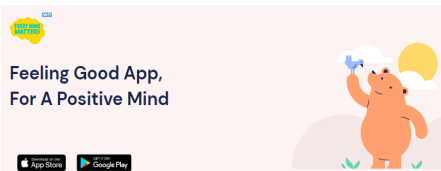




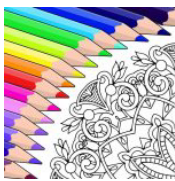
<b>ithrive Edinburgh</b> <a href="https://ithriveedinburgh.org.uk/#">https://ithriveedinburgh.org.uk/#</a>		This is the main mental health website for Edinburgh. It contains lots of helpful information and links to self-help resources and information about local events, organisations and counselling agencies.
<b>NHS Inform – Mental Health</b> <a href="http://www.nhsinform.scot/illnesses-and-conditions/mental-health">www.nhsinform.scot/illnesses-and-conditions/mental-health</a>		Online information and help for a range of mental health issues
<b>Self-Help Leaflets</b> <a href="https://web.ntw.nhs.uk/selfhelp/">https://web.ntw.nhs.uk/selfhelp/</a>		Free online self-help leaflets for a range of issues including Depression, Anxiety, Self-Harm , Poor Sleep, OCD.
<b>NHS 24 – Living Life</b> <a href="http://www.nhs24.scot/how-we-can-help/living-life/">www.nhs24.scot/how-we-can-help/living-life/</a> <b>Tel: 0800 328 9655</b> Monday-Friday 1pm-9pm Free from a landline		For help with low mood, mild to moderate depression and anxiety.  Cognitive Behavioural Therapy (CBT) – working with a qualified therapist through a series of 6-9 telephone sessions.  Guided Self Help – speaking with a self-help coach who guides you through a series of workbooks over 4-8 weeks.

## Apps

You can access a lot of apps via the iThrive website which are available on IOS and Android devices. We have included some of them in this leaflet, but you can explore a lot more if you visit:

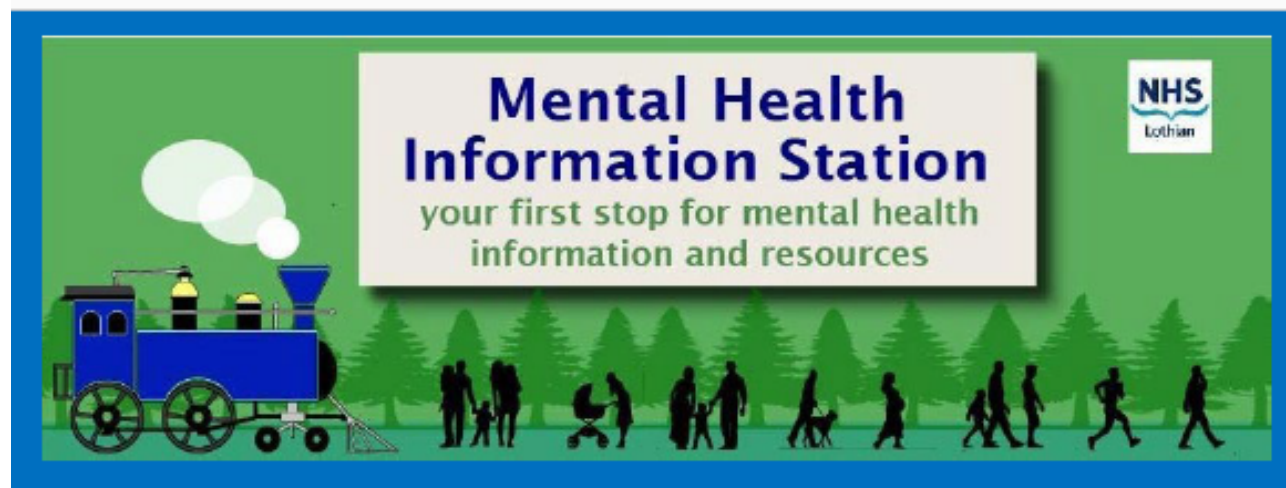
<https://ithriveedinburgh.org.uk/self-help/apps/>



<p><b>Feeling Good</b></p> 	<p>This free app contains a safe and effective programme, Positive Mental Training, that is widely used within the NHS in Edinburgh, for increasing wellbeing and recovery from stress, worry and low mood.</p>
<p><b>Bluelce</b></p> 	<p>Bluelce is a prescribed evidence-based app to help young people manage their emotions and to reduce urges to self-harm. It includes a mood diary, toolbox of techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.</p>
<p><b>Calm</b></p> 	<p>Calm provides free resources including music, sleep stories and guided meditations to help you feel calmer.</p>
<p><b>Calm Harm</b></p> 	<p>Calm Harm can help you reduce the urge to self-harm through different distraction and mindfulness activities.</p>
<p><b>Change4life Smart Recipes</b></p> 	<p>Change4life Smart Recipes can help you learn easy and healthy meals for you and the people around you.</p>
<p><b>Colorfy</b></p> 	<p>Colorfy has flowing and relaxing shapes and patterns for you to colour in. This can allow you to time out from the hustle and bustle of everyday life.</p>



You can also attend the Mental Health Information Station:



**Are you affected by mental health challenges? Or do you care for someone who is? Come along to this free weekly, friendly drop-in.**

No appointment needed.  
Drop in-City Centre

Speak 1:1 with an NHS  
mental health professional  
for advice and signposting

Get ideas to reduce  
isolation and lack  
of structure

Browse our extensive  
leaflet collection

Information about  
mental health conditions  
and therapies

Phone/Email service  
available

We are open for walk in visits at the Walpole Hall every Thursday from 10.30am to 3.00pm. No appointment is necessary.

Our phone service runs on Thursdays from 10.00am - 3.00pm  
on **0131 537 8688**.

Or you can email [MentalHealthInformation@nhslothian.scot.nhs.uk](mailto:MentalHealthInformation@nhslothian.scot.nhs.uk)  
at any time with specific non-clinical queries and request a call back.

**St Mary's Cathedral, Walpole Hall,  
Palmerston Place, Edinburgh EH12 5AW**

<https://services.nhslothian.scot/mentalhealthinformationstation/>  
[www.facebook.com/MentalHealthInformationStation/](https://www.facebook.com/MentalHealthInformationStation/)



In partnership with:





## **Patient feedback questionnaire - Mental health support and resources while you wait**

We would be very grateful if you could answer the questions below about this leaflet. This will help us improve our services in future. Please use the prepaid envelopes provided to return the questionnaire to us.

**It is a good idea sending information like this out to people awaiting an appointment:**

- ☐ Strongly agree
- ☐ Agree
- ☐ Not sure
- ☐ Disagree
- ☐ Strongly disagree

**The information provided was specifically helpful for me:**

- ☐ Strongly agree
- ☐ Agree
- ☐ Not sure
- ☐ Disagree
- ☐ Strongly disagree

**Is there anything you would add or take out of the information pack? Or any other comments?**