

# Caring for your mental health after leaving the hospital



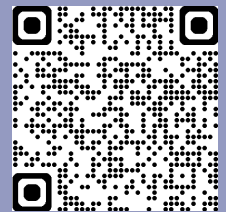
Leaving the hospital can be a challenging time, and it's completely normal to feel a range of emotions. Whether you're feeling overwhelmed, sad, anxious, or just need someone to talk to, there are many **free** supportive services available to help.

The services listed below are not for emergencies. If you need urgent help, please call 999, contact the Samaritans at 116 123, or visit your nearest A&E department.

## Breathing Space

Breathing Space is a confidential service for anyone over 16 in Scotland who feels down, depressed, or anxious. When you call, a trained advisor will listen and offer support.

You can call for free on 0800 83 85 87. There is also a live chat available on [www.breathingspace.scot](http://www.breathingspace.scot).

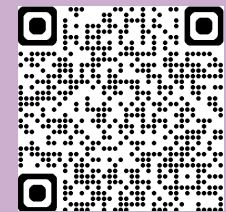


## Living Life

Living Life offers 4 to 6 phone sessions of Cognitive Behavioural Therapy. This service is for anyone who is feeling sad, mild to moderate depression, anxious or worried, or a mix of these feelings.

You can refer yourself for an assessment by phoning 0800 328 9655 (Monday to Friday, 9am – 9pm).

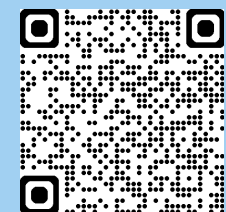
[www.nhs24.scot/how-we-can-help/living-life/](http://www.nhs24.scot/how-we-can-help/living-life/)



## Living Life to the Full

Living Life to the Full offers online courses to help people manage stress, low mood, anxiety, and low self-esteem. It uses the principles of Cognitive Behavioural Therapy to address how life situations are connected to thoughts, feelings, body sensations, and behaviours.

You can sign up on their website: [www.lltff.com](http://www.lltff.com)



## Beating the Blues

Beating the Blues is an online programme that provides Cognitive Behavioural Therapy. It consists of 8 sessions which are broken down into 20-minute chunks which can be accessed at your own pace.

You can ask your GP to refer you to the service.

[www.maximusuk.co.uk/beating-the-blues](http://www.maximusuk.co.uk/beating-the-blues)

