

Mental Health Resource Packet

This resource packet is in combination with safeguarding and crisis plan policies to continue providing accessible support and resources. Listed are National UK mental health phone lines to support rural communities in combination with mental health counselling. This packet is continually growing so please feel free to forward additional resources.

If there is an emergency or you are experiencing a mental health crisis, I recommend reaching out to the local listed crisis hotlines/services or visiting your local GP.

Crisis & Warm (Peer-Based) Phone Lines

Scotland Helplines

Scotland's helplines are free, confidential telephone services that provide advice, emotional support, and crisis intervention for people living in Scotland. They cover various areas including mental health, domestic abuse, older people's welfare, and general health inquiries.

- 0800 027 1234 Scotland's Domestic Abuse and Forced Marriage Helpline
- 08088 010302 Rape Crisis Scotland National Sexual Violence Helpline
- 0800 464 7000 LGBT+ Helpline Scotland
- 0800 838587 Breathing Space Scotland
- 0808 801 0432 Beat Eating Disorders
- 0800 7314 314 Drinkline Scotland
- 0808 800 2200 Epilepsy Scotland Helpline
- 0808 801 0323 Lone Parent Helpline

Crisis Helplines

Scotland's mental health crisis helplines are free, confidential phone and text services providing immediate, urgent support, listening, and professional advice for individuals experiencing severe emotional distress, overwhelming anxiety, depression, or suicidal thoughts.

A crisis may include, but is not limited to:

- * Suicidal thoughts or intent
- * Self-harming behaviour or urges
- * Severe emotional distress or loss of emotional regulation
- * Risk of harm to others
- * Situations where a client feels unable to keep themselves safe

–111 NHS

– 0116 123 Samaritans

– 0800 58 58 58 Campaign Against Living Miserably (CALM)

– 0800 068 41 41 Papyrus – prevention of young suicide HOPELINE247

– 0808 115 1505 SOS Silence of Suicide

– TEXTLINE – Shout text “SHOUT” to 85258

Warm Helplines

Scotland mental health warm and peer helplines are confidential, non-emergency telephone and text services staffed by individuals trained through professional frameworks or shared lived experience. They provide a safe, empathetic listening space for low mood, anxiety, emotional distress, or life challenges.

– 0800 838587 Breathing Space Scotland

– 0300 102 1234 Mind Support Line - 9am to 6pm, Monday to Friday

– 0300 304 7000 SANeline (4.30pm–10pm every day).

– 0800 58 58 58 Campaign Against Living Miserably (CALM) (5pm–midnight every day)

CALM webchat service.

– Text Shout 85258 - Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

– 0300 330 0630 Switchboard - if you identify gay, lesbian, bisexual or transgender (10am–10pm every day) -Email chris@switchboard.lgbt or use their webchat service