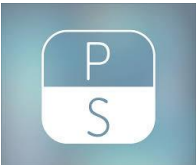











Suicide

<p>App</p> 	<p>North East Prevent Suicide:</p> <p>http://www.preventsuicideapp.com/getapp.html</p> <p>http://www.preventsuicideapp.com/</p> <p>A suicide prevention app (and website) aimed at users in the north east of Scotland. Extensive contact details for services in Aberdeen city, Aberdeenshire and Moray. Also allows users to create their own safety plan.</p>
<p>Local Service</p>	<p>1st Response</p> <p>0800 234 3695</p> <p>Monday to Friday 9am – 5pm</p> <p>Open to anyone over 16yrs who lives in Aberdeen and experiencing distress and reduced mental wellbeing.</p>
<p>NHS Booklet</p> 	<p>Help is at Hand, NHS Guide</p> <p>https://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf</p>




Self Harm

<p>App</p> 	<p>Calm Harm</p> <p>Tasks that help you resist or manage the urge to self-harm. Private and password protected.</p>
<p>Local Service</p>	<p>Aberdeen Self Harm Service</p> <p>A recovery focused, non-judgemental support service to people who self-harm in Aberdeen City. We also explore the needs of family, carers and professionals in contact with young people who self harm.</p>
<p>Factsheet</p> 	<p>Download - https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/self-harm/</p> <p>This factsheet looks at what self-harm is and why you may self-harm. It could help if you are using self-harm to cope or you are thinking about self-harming. It explains what support you can get and how to help yourself if you self-harm. There is also information for friends, carers and relatives.</p>

Mental Health and Well Being

<p>FREE Apps</p> 	<p>Smiling Mind</p> <p>Mindfulness meditation programs for people of all ages, designed to assist people in dealing with pressure, stress and challenges of daily life.</p>
	<p>MoodSpace</p> <p>Short, daily workouts to put your mood in a better space.</p> <p>Free Features AND Paid Subscription Option</p>
	<p>Booster Buddy</p> <p>Light hearted app. Create your own “buddy” (choice of 3 animals). You fill in a questionnaire about your mental health and fill in a crisis plan. You then do daily wellness tasks to wake up your “buddy” which are designed to establish and sustain positive habits.</p>
	<p>Chill Panda</p> <p>Family friendly / child friendly app with family sharing option. Measure your heart rate and choose tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.</p>
	<p>Catch it</p> <p>Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.</p>
	<p>Think Up</p> <p>A positive affirmations <i>app</i> to help reduce stress, build positivity, and overcome mental health challenges.</p>

Mental Health and Well Being – Continued

<p>Paid Subscription Apps</p> 	<p>Headspace</p> <p>Meditation exercises on happiness, stress, sleep and more.</p> <p>*subscription fee after free trial</p>
	<p>Calm</p> <p>Guided meditations, sleep stories, breathing programs and relaxing music.</p> <p>*subscription fee after free trial</p>
	<p>Beat Panic</p> <p>Beat Panic is designed to guide people through a panic attack or raised anxiety using their phone.</p> <p>*£0.99 cost</p>
<p>SEE OVER to Contact Someone Urgently by Phone or Text</p>	

Benefits, Money and Debt Advice






<p>Contact</p> <p>Contact initially by phone or online.</p> <p>Appointments can be made if needed.</p>	<p>Aberdeen City Council Benefits & Money Advice Team Lower Ground Floor, Marischal College, Aberdeen</p> <p>Call - 01224 522709</p> <p>Online - https://www.aberdeencity.gov.uk/services/benefits-and-advice/get-money-advice</p> <p>Free, impartial and confidential advice on all aspects of money, budgeting and debt for people living in Aberdeen City.</p> <p>Services include:</p> <ul style="list-style-type: none"> • Advice and advocacy about your entitlement to social security benefits. • Advice about Council Tax, Housing Benefit and Tax Credits • Help with form filling and letter writing. • Representation at appeal tribunals. • Free and impartial advice on problem debt.
<p>Phone or visit Office</p> <p>Mon – Fri 10am – 4pm</p>	<p>Community Food Initiatives North East (CFINE) SAFE Project</p> <p>2-4 Poynerook Road, Aberdeen, AB11 5RW Call 01224 531386</p> <p>Help with benefits, budgeting, debt advice and support.</p>
<p>Opening Hours Mon – Thur 9.30am – 4.30pm (10am on Tues)</p> <p>Phones Answered Mon – Thurs 9.30 – 1pm 2 – 4.30 (4 on Friday)</p>	<p>Grampian Credit Union</p> <p>250 Union Street Aberdeen 01224 561506</p> <p>A savings and loans co-operative for people who live and work in Aberdeen city, Aberdeenshire and Moray. Offering the opportunity to save securely and access affordable loans.</p>
<p>0800 328 0006</p>	<p>CAP Debt Centre</p> <p>https://www.integratescotland.org/debt-help</p> <p>Free Debt Advice – home appointments Money and Budgeting Skills Course</p>

Aberdeen Food Banks

<p>Mon – Friday 10am – 4pm</p>	<p>Community Food Initiatives North East (CFINE) 2-4 Poynerook Road, Aberdeen, AB11 5RW 01224 596156 info@cfine.org https://www.cfine.org/</p> <p>No referral needed. Emergency foodbank can be accessed every 14 days.</p>
<p>Mon – Friday 10am – 12 noon and 2pm – 4pm</p>	<p>Instant Neighbour 5 St Machar Drive, Aberdeen, AB24 3YJ 01224 489955 reception@instantneighbour.co.uk http://www.instantneighbour.co.uk/food-bank/</p> <p>No referral needed. Emergency foodbank can be accessed every 14 days.</p>
<p>Mon / Tues / Thur 10am – 3.45pm</p> <p>Wednesday – 10am – 12 noon</p> <p>Friday – 10am – 2pm</p>	<p>Cyrenians 62 Summer Street, Aberdeen 01224 625732</p> <p>No referral needed.</p>
<p>Mon, Wed, Thurs & Fri NOT TUESDAY</p> <p>10 – 2pm</p>	<p>Somebody Cares Somebody Cares House, Greenwell Road, East Tullos, Aberdeen , AB12 3AX 01224 200197 info@somebodycaresuk.org</p> <p>No referral needed. Clothing and furniture also provided.</p>

Aberdeen Food Banks (continued)

Voucher required to use these Foodbanks.	<p>Trussell Trust Locations throughout Aberdeen – see below</p> <p>info@aberdeennorth.foodbank.org.uk 01224 651000</p> <p>Vouchers available from a wide range of professionals including Penumbra and doctors, health visitors and social workers.</p>
Thursday 1pm – 4pm	Deeside Family Centre , Girdleness Road, Torry, AB11 8TT
Wednesday 1pm – 4pm	Inchgarth Community Centre , Aboyne Place AB10 7DR T: 01224 325191
Monday 1200-1300 Friday 1200-1300	Kings Community Church , 10 Urquhart Road, AB24 5LL
Tuesday 1 – 4 pm (closed 24 and 31 Dec)	South St Nicholas Church , Kincorth Circle AB12 5NX
Tuesday 1000-1200 Wednesday 1300-1500	St Mary’s Parish Church , King Street, AB24 5SS Bon Accord Free Church , Rosemount Viaduct AB25 1NS
Thursday 1400-1530	The Mission , St Machar Drive, AB24 3RX

Contact Someone Urgently by Phone or Text	
	<p>Samaritans</p> <p>Call 116 123</p> <p>Free, one to one and always open - call, email or visit.</p>
	<p>NHS 24</p> <p>Contact your GP or a health or social care worker if you are in contact with one. If your surgery is closed and you need to speak with someone urgently contact NHS 24 – available 24 hours a day, 365 days a year.</p> <p>Tel: 111</p>
	<p>Breathing Space (NHS Free Helpline)</p> <p>0800 83 85 87</p> <p>Monday to Friday: 6pm to 2am and 24 hours at weekends.</p> <p>Breathing Space provides a safe and supportive space for anyone in Scotland over 16 feeling low, anxious or depressed.</p>
	<p>Young Minds Crisis Messenger</p> <p>Text YM to 85258</p> <p>Text free and anonymously. 24/7 crisis support across the UK for young people under 25yrs.</p>
	<p>Childline</p> <p>0800 1111 helpline</p> <p>1-2-1 Chat – use this link to create an online account and have access to an online counsellor - https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/</p> <p>**Update from Childline</p>

	<p>We're working a little differently because of coronavirus. You can still start a 1-2-1 chat with us from:</p> <p>7.30am - midnight - Monday to Friday 9am - midnight - Saturday to Sunday Or you can call 0800 1111 for free from:</p> <p>7.30am - 3.30am - Monday to Friday 9am - 3.30am - Saturday to Sunday You can also send an email using a Childline account any time, and we'll usually reply within a day</p>
<p>If you think your life or someone's life is in danger visit emergency services by dialling 999.</p>	