

# Mental health services and support in Scotland



You can access the services listed below from anywhere in Scotland. There may be other services in your local area. For help connecting to local services, contact the Scottish Refugee Council helpline on **0808 1967 274**.

## Mental health and the NHS

The **National Health Service (NHS)** is the government-funded healthcare service in the UK. Everyone living in the UK is entitled to see a doctor and receive hospital care for free through the NHS. This includes refugees and people in the process of claiming asylum. Medication prescribed by an NHS doctor is free in Scotland.

- **Call 999 or 112** if someone is seriously ill or injured, or they are at risk of seriously harming themselves or someone else.
- **Call 111** for help with non-life-threatening medical problems and mental health support.
- Talk to your GP if you are worried about your mental health. They may be able to help you, or refer you for more specialised support.

### More information and support

- Young people may be able to get mental health support through school or college.
- For more information about accessing healthcare in Scotland, see Scottish Refugee Council's Information for New Refugees and Just Citizens' New Scots Access to Healthcare Toolkit.

## Helplines

### **Hopeline247 - 0800 068 4141**

A confidential 24-hour support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.

- Interpreters available
- Text and email services available

### **Breathing Space - 0800 83 85 87**

A confidential out-of-office-hours telephone line for people over 16 experiencing low mood, anxiety or depression.

- Interpreters available
- For more information visit **[breathingspace.scot](https://breathingspace.scot)**

**SAMH information line - 0344 800 0550**

Call SAMH if you're looking for more information or support for yourself, for someone you love, or just want to have a chat about mental health.

- Webchat and email available

**Drinkline Scotland - 0800 7314 314**

A free, confidential helpline for anyone who is concerned about their drinking, or someone else's.

**Scotland's Domestic Abuse and Forced Marriage Helpline - 0800 027 1234**

Information and support for anyone experiencing domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them.

- Interpreters available
- Email, text and webchat available

**YoungMinds Parents Helpline - 0800 802 5544**

Tailored information, advice and support for parents and carers who are concerned about their child or young person's mental health.

- Interpreters available
- Webchat available

**Scottish Refugee Council Helpline - 0800 1967 274**

Free and confidential information and multilingual advice on refugee and asylum issues in Scotland.

- Interpreters available
- We can signpost you to local services across Scotland

**LGBT+ Helpline Scotland - 0800 464 7000**

Information and emotional support for the lesbian, gay, bisexual and transgender (LGBT) community across Scotland. This includes people who are questioning or exploring their sexuality and/or gender identity, and the families, partners, friends and supporters of LGBTQ+ people.

- Helpline volunteers speak a range of languages
- Email and webchat available

**Addiction and substance use**

If you're concerned about substance use or struggling with addiction, speak to your GP as a first step. They may be able to refer you to specialist services that can help.

**WithYou** provide free and confidential support to adults and young people facing challenges with alcohol, drugs and mental health. To find more about their Scottish services, visit [wearewithyou.org.uk/about-us/in-scotland](http://wearewithyou.org.uk/about-us/in-scotland)

The **Scottish Drug Service** online directory has been developed to help people find contact information and details for over 200 agencies in Scotland who can help with drug treatment and care: [scottishdrugservices.com](http://scottishdrugservices.com)

If you need to access a needle exchange, you can find one using the **Scottish Needle Exchange Directory**: [needleexchange.scot](http://needleexchange.scot)

## Survivors of sexual assault

Specialist support is available for survivor of rape and sexual violence.

**Rape Crisis Scotland** works with people aged 13+ of all genders living in Scotland who have been affected by sexual violence. It doesn't matter what happened or how long ago, and you don't have to talk about anything you don't want to. They support survivors, as well as family and friends.

- Their helpline offers confidential short-term, crisis and initial support by phone, email, webchat and text. Call **08088 01 03 02** between 5pm and midnight, any day of the week.
- Find your local support centre: [rapecrisisscotland.org.uk](http://rapecrisisscotland.org.uk)

The **NHS Scotland sexual assault self-referral phone service** can help you arrange medical care and wellbeing support if you've been raped or sexually assaulted.

- You can phone the service 24 hours a day, 7 days a week on **0800 148 88 88**
- Find more information: [nhsinform.scot/turn-to-sarcs](http://nhsinform.scot/turn-to-sarcs)

## Services for young people

**My View** is a talking therapy service aiming to stabilise and improve the psychological and emotional well-being of separated asylum-seeking children. You can access this service if you are aged 12–21 and you are seeking asylum in the UK without your family.

- If you are 18 or older, you can self-refer using the website
- If you are under 18, you will need a referral from an adult with responsibility for your care
- More information: [refugeecouncil.org.uk/get-help/my-view-childrens-therapy](http://refugeecouncil.org.uk/get-help/my-view-childrens-therapy)

**Childline** has trained counsellors able to support anyone under 19 and living anywhere in the UK.

- Call their helpline on 0800 1111
- Use live webchat at [childline.org.uk](https://childline.org.uk)

## Support groups and wellbeing

There are community support and wellbeing groups across Scotland that can help you make social connections and reduce feelings of isolation

- **Andy's Man Club** and **Men's Sheds** both have groups for men across the UK. Find them at [andysmanclub.co.uk/groups](https://andysmanclub.co.uk/groups) and [menssheds.org.uk](https://menssheds.org.uk)
- **Scottish Action for Mental Health** runs a network of walk-in mental health support hubs called Nooks. They also offer a programme of online mental health support for over 16s called Time for You. You can find a directory of support organisations across the country at [samh.org.uk](https://samh.org.uk).
- Use the **New Scots Connect Map** on the Scottish Refugee Council website to search for groups offering services and support in your local area.

## Resources

If you are worried about your own mental health, or the mental health of a loved one, you may find these resources useful:

- **Hub of Hope** has a resource library and a searchable directory of support organisations across the UK. Find out more: [hubofhope.co.uk](https://hubofhope.co.uk)
- **The Mental Health Foundation** website has information and in-depth guides available on their website: [mentalhealth.org.uk](https://mentalhealth.org.uk)
- **Papyrus UK** has a resource library with many translated and audio versions available: [papyrus-uk.org/help-and-advice-resources](https://papyrus-uk.org/help-and-advice-resources)
- **The Royal College of Psychiatrists** has translated many of their information resources into 29 languages: [rcpsych.ac.uk/mental-health/translations](https://rcpsych.ac.uk/mental-health/translations)

## Survivors of trafficking and torture

These organisations provide specialist support for survivors of torture and trafficking. You may need a referral to access some of their services.

### Freedom from Torture

Specialist support for UK-based survivors of torture including:

- One-to-one and group therapy for complex post-traumatic-stress-disorder (PTSD), depression, anxiety, and other problems
- Creative and group activities: gardening, music, art, football, and cooking
- Health assessments and pain management including through physiotherapy

- Medico-legal reports for asylum claims where doctors assess the impact of torture
- Legal support: finding a lawyer, understanding the asylum system and release from detention
- Support with housing, education, financial support, health, and social care

Freedom from Torture has centres in London, Manchester and Glasgow.  
Call **020 7697 7777** or visit **[freedomfromtorture.org/contact-us](https://freedomfromtorture.org/contact-us)**

### **Survivors of Human Trafficking in Scotland (SOHTIS)**

SOHTIS works to end human trafficking and exploitation in Scotland. It provides support, advocacy and prevention for survivors and people who are vulnerable to trafficking. Services include:

- Street outreach
- Advocacy and prevention work
- Art therapy
- Holistic practical support
- Multi-strand partnerships with other organisations.

Email: **[enquiries@sohtis.org](mailto:enquiries@sohtis.org)**. Website: **[sohtis.org](https://sohtis.org)**



**Scottish  
Government**

**Helping refugees rebuild their lives in Scotland**

**Scottish Refugee Council is Scotland's national refugee charity**

Registered office: Portland House, 17 Renfield Street, Glasgow, G2 5AH.

Scottish Charity No: SC008639. Company No: SC145067.

Website: [scottishrefugeecouncil.org.uk](https://scottishrefugeecouncil.org.uk)