

BIAZA Mental Health Signposting Links

- Breathing space - A confidential phonenumber for anyone in Scotland over the age of 16, feeling low, anxious or depressed.
<https://breathingspace.scot/>
- Men's Health Forum – 24/7 stress support for men by text, chat and email.
<https://www.menshealthforum.org.uk/>
- Men's shed – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending.
<https://menssheds.org.uk/>
- Mind – Promotes the views and needs of people with mental health problems.
<https://www.mind.org.uk/>
- Movember Support Page <https://uk.movember.com/mens-health/get-support> providing a range of signposting for men's mental health support.
- Samaritans - <https://www.samaritans.org> provide a safe place for anyone who is struggling to cope, 24/7. Call free on 116 123, email jo@samaritans.org or visit the website to find details of the nearest branch.
- SAMH – Scottish Association for Mental health – Provides a range of mental health support and services
<https://www.samh.org.uk/>
- SANE – emotional support, information and guidance for people affected by mental illness, their families and carers.
<http://www.sane.org.uk/>
- Andy's Man Club - [Andys Man Club | #ITSOKAYTOTALK |](#) - these often have local support groups on a regional basis.
- MANUP - [MANUP? Mens Mental Health Charity, Depression and Anxiety Campaign](#)
- [Join CALM - Campaign Against Living Miserably \(thecalmzone.net\)](#) – CALM - Campaign Against Living Miserably (CALM) and we're united against suicide, phone support for men 5pm – midnight 0800 585 858
- [Hub of Hope - Mental Health Support Network provided by Chasing the Stigma](#) – this is also an app and links to lots of local groups offering various different support, some of which is directed at men

- <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>
NHS Every Mind Matters with a quick, simple to use Mind Plan facility for quick tips and actions to improve mental health.
- <https://www.mentalhealth.org.uk/publications/how-to-mental-health>
Mental Health Foundation and tips on how to look after your mental health
- <https://wellbeingandcoping.net/#/>
Tips on building wellbeing and helping people cope
- https://able-futures.co.uk/individuals?utm_campaign=Xmas19&utm_medium=email&utm_source=employer
Able Future – free support for people in work who are struggling with a variety of mental health problems, including OCD, anxiety & depression
- OCD-UK - <https://www.ocduk.org/>
- BEAT Eating Disorders - <https://www.beateatingdisorders.org.uk/>
- MoodTools - www.moodtools.org app concept designed to help fight depression
- Re-think mental illness www.rethink.org which has both an advice line 0300 5000 927, and can reply to emails info@rethink.org – as well as providing local support groups and mental health services.