



HEALTH AND WELLBEING IN SCOTLAND

By Ross MacLean, Gary Blair, Katie McDonald, Lauren
Grassie, Morven Brolly, Abbie Coutts and Finn Henderson

MENTAL HEALTH SERVICES IN SCOTLAND

THE NHS OFFER A MENTAL HEALTH SERVICE WHICH YOU CAN ACCESS FROM A LOCAL GP, A LARGE LOCAL HEALTH CENTRE, A SPECIALIST MENTAL HEALTH CLINIC OR A HOSPITAL FOR FREE. THERE ARE MANY FREE ONLINE MENTAL HEALTH SERVICES IN SCOTLAND, AND LOTS OF PLACES YOU CAN GO. THERE ARE PLACES THAT YOU CAN GET ADVICE AND HELP IN SCOTLAND. THERE ARE MANY SERVICES ATTACHED TO THE NHS WHICH THEY CAN ASSIGN YOU TO ANOTHER CHARITY OR ORGANISATION WHICH CAN GIVE YOU SPECIALIZED AND PERSONAL HELP.

WALLACE HIGH SCHOOL

- Mental health first aiders
- Mental health champions
- School of sport
- Health and wellbeing classes

All schools in Scotland have a mandatory health and wellbeing classes and p.e classes to improve lifestyle

Gary



**MENTAL
HEALTH**

SUPPORT FOR FAMILIES



PARENTS/ CARERS

SAMARITANS
116 123



Free, confidential phone service age for anyone who needs to talk 24/7

BREATHING SPACE
0800 83 85 87



Free confidential phone service for anyone age 16+ experiencing low mood, depression or anxiety

LIVING LIFE (NHS)
0800 328 9655



Free telephone appointments to support low mood, mild-moderate depression or anxiety 16+

PARENTLINE SCOTLAND
08000 28 22 33



Free advice and support for all families
www.children1st.org.uk/help-for-families/parentline-scotland/

ANXIETY UK
03444 775 774



Helplines and wide selection of resources for adults and young people
www.anxietyuk.org.uk

YOUNG PEOPLE

YOUNG MINDS CRISIS LINE
TEXT: YP TO 85258

Free mental health crisis support for young people 24/7
www.youngminds.org.uk/



CHILDLINE
0800 11 11



Free, confidential phone service for children experiencing mental health issues, suicidal thoughts, abuse etc.

PAPYRUS
0800 068 41 41



Free, confidential service your people who are thinking about suicide (under 35s)
Weekday 9am-10pm, Weekends 2pm-10pm

BEAT - EATING DISORDERS
YOUTH LINE 0808 801 0711
STUDENTLINE 0808 801 0811



Helplines, webchat and resources for individuals (& families) affected by eating disorders

CRUSE BEREAVMENT SCOTLAND
0845 600 2227



Providing phone support for young people & adults suffering with a bereavement

Outdoor Areas

There are many outdoor areas such as beaches, forests, hills, locks, parks and protected nature reserves which are mostly free to access. Green spaces are proven to help with mental health but also physical health is there are millions of paths and areas for water sports.

There are over 43 nature reserves in Scotland including Glencoe National Nature Reserve and Loch Leven Nature Reserve



First ScotRail Active Travel Program

In late 2021 First ScotRail introduced their active travel program, this program saw recycled train from Devon and Cornwall. These trains were brought up here to be used as an 'active travel' carriage to motivate people to travel with bikes, hiking equipment and more. This encouraged people to do activities such as cycling, skiing, hikes and lots of other things that they couldn't do in the city. They were refurbished to have 14 seats and up to 20 storage spaces on the train. The train is used along with another unit for the seating capacity on certain services along the west highland line up to Oban and Fort William from Glasgow.



LIBRARY

In scotland we have over 500 free Libraries which are accessible to all, these provide a quiet place to study or just simply relax and read a book. Libraries also offer a range of free resources to help you learn new things and expand your vocabulary. Some of the best liberties in scotland are;

National Library of scotland

Abbie



SAMH

SAMH or scottish association of mental health is one of scotland's oldest mental health help centers they have been helping people since 1923!

They have many resources to help people with their mental health such as:

- Articles
- A helpline
- voluntary work



PHYSICAL EDUCATION ACROSS SCOTLAND

In Scottish Schools, PE is a core subject essential to learning. In Primary Schools, children must have at least two hours of PE a week, and in Secondary Schools young people participate in a minimum of 2 periods, each about 50 minutes long, per week. However, many schools go above and beyond, and children get to enjoy even more PE lessons. This contributes to health and wellbeing as all children, regardless of age and ability, are given the opportunity to become fit and healthy, improving both their physical and mental health.



Thank You!