



Where to find support if you are struggling with your mental health in Grampian

This document is also available in other formats and languages, upon request. Please contact 01224 551116 or 01224 552245 or email: gram.communications@nhs.scot

This resource was developed by the Grampian Regional Equality Council (GREC) Health and Diversity Project, working with the Mental Health and Learning Disability (MHL) Public Empowerment Group (PEG)

The document provides information about a range of organisations that provide wellbeing and mental health support that may be especially helpful for people from diverse ethnic and religious backgrounds.

The list includes counselling and other community based support services provided by organisations which operate locally in Aberdeen, Aberdeenshire and Moray, and others working across Scotland and the UK.

If you or your loved ones are experiencing an acute mental health crisis or suicidal thoughts, please dial 999 for the appropriate emergency service.

Organisation	Description	Contact information
Counselling Services		
<p>The Bounds Centre, University of Aberdeen</p>	<p>Freely available counselling service for the local community. It also conducts high quality research.</p> <p>If your preferred language is not English, sessions may be offered in your own language.</p> <p>Face-to-face and online sessions available.</p> <p>You may self-refer to the service by email or telephone. Referrals may also be made through a GP or another professional, in which case we will contact you to arrange an assessment.</p>	<p>www.abdn.ac.uk/education/research/the-bounds/</p> <p>19 College Bounds, Old Aberdeen, AB24 3DX</p> <p>Email: thebounds@abdn.ac.uk</p>
<p>Aberdeen Counselling and Information Service (ACIS)</p>	<p>ACIS has been working closely with the Aberdeen community since 1983 providing free counselling sessions.</p>	<p>1 Alford PI, Aberdeen AB10 1YD</p> <p>Telephone : 01224 573892</p> <p>Email: acis.office@mhaberdeen.orh.uk</p>
<p>GREC's Adult Counselling Service</p>	<p>Free and confidential specialist counselling support for adults in Aberdeen, who are affected by discrimination, prejudice and hate crime.</p> <p>Free interpretation services are provided if your preferred language is not English.</p> <p>Online and telephone appointments available at the moment due to the pandemic.</p>	<p>www.grec.co.uk/adult-counselling</p> <p>To make an appointment please contact Molinda Thomson on 01224 595 505</p> <p>Email: mthomson@grec.co.uk</p>
<p>GREC's Me-Time - Children and</p>	<p>Free and confidential specialist counselling support for children and</p>	<p>www.grec.co.uk/me-time/</p>

<p>Young People Counselling Service</p>	<p>young people in Aberdeen, Aberdeenshire and Moray who are affected by prejudice incidents, discrimination, harassment and bullying.</p> <p>Online and telephone appointments available at the moment due to the pandemic.</p> <p>Referrals can be made by teachers, parents, school nurses, social workers, GPs, and by the children and young people themselves.</p>	<p>To make an appointment please contact Molinda Thomson on 01224 595 505</p> <p>Email: mthomson@grec.co.uk</p>
<p>Saheliya</p>	<p>Specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in Edinburgh and Glasgow, but also offering support to women who are seeking asylum and refugees in other areas in Scotland.</p> <p>Services are free and confidential and include counselling. Referrals can be made online filling a form on the website.</p>	<p>www.saheliya.co.uk</p> <p>0131 556 9302</p> <p>Email: info@saheliya.co.uk</p>
<p>Avenue Counselling Aberdeen</p>	<p>This service works with families and individuals when they are encountering difficulties. It includes free counselling and play therapy for children and young people. Adults pay for counselling and family therapy, but there are concessionary fees available.</p>	<p>Belgrave House Belgrave Terrace Aberdeen AB25 2NR</p> <p>01224 587571</p> <p>Email: enquiries@avenue-info.com</p>
<p>Cairns Counselling</p>	<p>Counselling services for adults. Most of the appointments are available for no set fee and clients can donate towards the cost of their appointment. A proportion of appointments are also available on a faster flexible basis at a cost of £45 per session.</p>	<p>www.cairnscounselling.org.uk</p> <p>Migvie House 23 N Silver Street, Aberdeen AB10 1 RJ</p>

		<p>Telephone: 01224 633131</p> <p>Email: info@cairnscounselling.org.ukv</p>
Aberdeen Foyer	<p>Counselling support for young people (12 years old and above) based in Aberdeen and Aberdeenshire, and adults (over 25 years old) based in Aberdeen.</p>	<p>http://www.aberdeenfoyer.com/services/health-and-wellbeing/counselling/</p> <p>Telephone: 01224 212924</p> <p>Email: counselling@aberdeenfoyer.com</p>
First Psychology Aberdeen	<p>Centre offering counselling, CBT, and therapy services online and by telephone. Face-to-face appointments are also offered.</p>	<p>www.aberdeenpsychology.co.uk</p> <p>Telephone: 01224 452848</p> <p>Monday to Friday 8:30am - 9:30pm Saturday 9am – 5pm</p>
Hear Me Counselling	<p>Non-time limited counselling for survivors of sexual abuse. It is based in Angus but accepts referrals from Aberdeenshire.</p>	<p>www.hearmecounselling.com</p> <p>Telephone: 01037 850741</p> <p>Email: info@hearmecounselling.com</p>
Avenue	<p>Avenue is a charity working with families and individuals.</p> <p>Based in Aberdeen and work across the North East of Scotland.</p> <p>Remote telephone and internet services available out with office</p>	<p>www.avenue-info.com</p> <p>Email: enquiries@avenue-info.com</p>

	opening hours (offices in Aberdeen, Elgin and Peterhead).	
Living Life	<p>Talking therapies over the phone. When you first phone Living Life you will be asked for your name, your contact details, the reason you phoned. At this point, you may be offered an assessment appointment or placed on our waiting list. Following an assessment appointment, you will be offered a series of telephone support sessions with a self-help coach or therapist.</p> <p>This service is for people in Scotland.</p>	<p>www.breathingspace.scot/living-life</p> <p>Telephone: 0800 328 9655</p>
Inspired Minds	<p>Faith-based, grassroots mental health charity based in London. Their aim is to raise awareness, combat stigmas and provide professional, non-judgemental, confidential support and therapy for to those with mental health illnesses. Although Inspired Minds works predominantly with people from an Islamic faith, they also support people from other backgrounds across the UK.</p> <p>An initial assessment can be done either via telephone or video and usually lasts around 30-40 mins. Telephone and video appointments are available in different languages.</p> <p>To see fees and more information, please visit their website.</p>	<p>Website: www.inspiredminds.org.uk/</p> <p>Online support request form: www.inspiredminds.org.uk/get-help/</p>
Sakoon, Peace of Mind Counselling	<p>Counselling services based in London and providing Skype and telephone appointments across the UK focusing on Muslim clients.</p> <p>To see fees and more information, please visit their website.</p>	<p>www.sakoon.co.uk</p> <p>Telephone: 07943 561 561 email: info@sakoon.co.uk</p>

General Mental Health and Wellbeing Support		
Breathing Space	<p>A free and confidential phonenumber for anyone in Scotland (over 16) feeling low, anxious or depressed.</p> <p>If your preferred language is not English, you can tell the advisor you need an interpreter and you will be able to access Language Line support, which is also free and confidential.</p>	<p>www.breathingspace.scot</p> <p>Telephone: 0800 83 85 87</p> <p>Mon-Thurs 6pm – 2am Fri-Mon 6pm – 6am</p>
Samaritans	Free helpline available 24 hours a day, 365 days a year.	<p>www.samaritans.org/?nation=scotland</p> <p>Call: 116 123 Available 24/7</p>
Aberdeen Linking Lives	<p>Befriending service aimed at adults in Aberdeen and Aberdeenshire who find themselves requiring some extra friendship and support. This is provided through weekly home visits or telephone calls with volunteers which are carefully selected, trained and vetted.</p> <p>Referrals can be made by statutory organisations (social workers, social prescribers, GPs and community health practitioners, charities, friends and family) or people can self-refer.</p>	<p>www.aberdeenlinkinglives.org</p> <p>Telephone: 07425 622600</p> <p>Email: aberdeen@linkinglives.uk</p>
Feeling Good App (with translation to Polish/Polski)	Mental skills training programme that teaches how to calm your mind and develop a positive mindset, enabling greater emotional resilience to deal more effectively with the challenges of everyday life.	<p>To learn more visit: www.feniks.org.uk/project/feeling-good-app/</p> <p>To download the app visit:</p>

	<p>Feniks partnered with The Foundation for Positive Mental Health to provide the first resource available of its kind for the Polish community in Scotland.</p>	<p>www.feelinggood.app/onboarding/feniks/ (Polish/Polski)</p> <p>www.feelinggood.app (English)</p>
<p>Amina (The Muslim's Women Resource Centre) Helpline and chat</p>	<p>The Helpline service is a listening ear and signposting service for Muslim and women from ethnic minorities across Scotland. It is free from mobiles and landlines and will not appear on your phone bill. All calls are strictly confidential and non-judgemental; and Amina deals with clients in a faith and culturally-sensitive manner.</p> <p>Service is available in English, Arabic, Punjabi, Urdu, but a translation service can be accessed for other languages.</p>	<p>You can also chat with someone on Amina's website: www.mwrc.org.uk</p> <p>Helpline: Monday to Friday 10am – 4pm 0808 801 0301</p> <p>Email: helpline@mwrc.org.uk</p>
<p>Amina (The Muslim's Women Resource Centre) Telephone Befriending Service</p>	<p>This service aims to provide support to socially isolated ethnic minority or Muslim Women. Trained telephone befrienders provide emotional support through weekly conversation on the phone. Through time, this helps individuals to achieve greater independence and self-confidence.</p>	<p>www.mwrc.org.uk</p> <p>Telephone: 0141 212 8420</p> <p>For more information visit www.mwrc.org.uk/befriending or request a referral form writing to their email: helpline@mwrc.org.uk</p>
<p>Networks of Wellbeing (NoW)</p>	<p>Inclusive and diverse organisation which promotes and supports people in improving their mental health and wellbeing.</p> <p>Based in Huntly in Aberdeenshire, NoW offers a community-based service centred around the five ways to wellbeing approach to good mental health.</p>	<p>www.networksofwellbeing.org</p> <p>34 West Park Street, Huntly, Aberdeenshire AB54 8DY</p> <p>Email: info@networksofwellbeing.org</p>

Home Start Aberdeen	<p>Local community network of trained volunteers and expert support helping families with young children through their challenging times.</p> <p>Support is provided for struggling young families in Aberdeen who have at least one child aged 5 and under.</p>	<p>www.homestartaberdeen.org.uk</p> <p>Main Office Langstane House 6 Dee Street Aberdeen AB11 6DR</p> <p>Telephone: 01224 693 545</p> <p>Email: admin@homestartaberdeen.org.uk</p>
Moray Wellness College	<p>Central online access for courses and opportunities that support you to focus on your strengths and manage issues like long-term life challenges or conditions.</p> <p>To check current courses, please visit the website.</p>	<p>Website: www.moraywellbeinghub.org.uk/wellness-college</p>
Muslim Youth Helpline (MYH)	<p>Free and confidential helpline set up in 2001 to provide faith and culturally sensitive support to young Muslims across the UK.</p> <p>You can contact MYH through telephone, web chat, email and Whatsapp. For more information, check their website.</p>	<p>www.myh.org.uk</p> <p>Telephone: 0808 808 2008 (7 days a week, 4pm-10pm)</p> <p>Email: help@myh.org.uk</p>
Muslim Women's Network UK (MWNUK)	<p>Culturally sensitive and confidential helpline and counselling services promoting social justice and equality for Muslim women and girls. They also provide support for men and women of other faiths and no faith.</p> <p>You can contact MWNUK through telephone, webchat, text or email. For more information check their website.</p>	<p>www.mwnhelpline.co.uk</p> <p>Telephone: 0800 999 5786 (Monday-Friday 10 am-4pm).</p> <p>Email: info@mwnhelpline.co.uk</p>
Papyrus, Prevention of Young Suicide	<p>UK charity dedicated to the prevention of suicide and the promotion of positive mental health</p>	<p>www.papyrus-uk.org</p>

	<p>and emotional wellbeing in young people.</p> <p>They provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through their helpline, Hopeline.</p> <p>You can contact Papyrus through telephone, text or email. For more information check their website.</p>	<p>Hopeline: 0800 068 4141 (every day 9am to midnight).</p> <p>Email: pat@papyrus-uk.org</p>
Prevent Suicide North East Scotland	<p>Prevent Suicide North-East Scotland is a suicide prevention app and website aimed at users in Aberdeen City and Aberdeenshire. It provides helpful info for those affected in any way by suicide, extensive contact details for services in Aberdeen City and Aberdeenshire as well as providing users with the ability to create their own safety plan.</p> <p>To download the app and access more information, please visit their website.</p>	<p>www.preventsuicideapp.com</p> <p>To get the app: www.preventsuicideapp.com/getapp.html</p>

NHS Grampian and Partnerships

If you want to learn about the alternatives for support within NHS Grampian and relevant partnerships, please ask at your GP or directly to your clinician.

Additional Support

Faith based organisations such as churches, mosques or temples –among others– are often mentioned by community members as a good first point to ask for support when required.

For more information in Moray, please visit:

www.moraywellbeinghub.org.uk
www.discoverpathwaysmoray.org.uk