

## **Further Information on Mental Health and Where to Seek Help**

<https://smilecounselling.org.uk/> - S.M.I.L.E. is a West Lothian based charity that aims to deliver a bespoke outreach counselling service to young people.

<https://www.west-lothian.ac.uk/media/4259/samh-college-connect-local-services-directory-wlc.pdf> -

Developed by SAMH in 2019, this local services directory offers signposting to services around mental health and wellbeing.

<https://www.westspace.org.uk/> - Westspace is West Lothian's online source of mental health and wellbeing information and contains information about local services, self help materials as well as local news and events.

<https://www.dedridgemedicalgroup.co.uk/pages/West-Lothian-Community-Wellbeing-Hubs> - The West Lothian Community Wellbeing Hubs are an NHS service for people with common mental health difficulties such as anxiety, depression, low confidence and stress.

<https://www.wellbeinglothian.scot/> - NHS Lothian information and tools to help with your wellbeing and mental health.

## **Assessment/ Support Tools**

<https://app.oml.world/Login> - Positive mental health and wellbeing is at the heart of One Million Lives. Use this link to access the "check-in tool". To access the tool you will have to create an account first.

<https://www.wellbeinglothian.scot/area/improving-your-mood/> - NHS Lothian self assessment tool for mood.

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/five-ways-to-better-mental-health> - SAMH's five ways to better mental health guide.

## **Resources**

<https://ibike.sustrans.org.uk/resources/wellbeing-bingo/> - Get out in your local area on a walk, scoot or cycle and challenge yourself to complete a game of 'Wellbeing Bingo'! The selection of short bingo activities will encourage you to slow down, take notice and connect to the world around you whilst being active in the outdoors, and is an activity that links directly to the SHANARRI wheel of wellbeing.