

Grounding technique

5	things I can see right now, or imagine I can see right now
4	things I can hear right now, or imagine I can hear right now
3	things I can touch right now, or imagine I can touch right now
2	things I can smell or taste right now, or imagine I can taste right now
1	deep slow breath. Then simply focus on your breathing. In this Moment. Here and now.

More self-help apps:

- WRAP
- Sleepio
- CALM
- No Panic
- Samaritans Self Help
- SilverCloud
- Student Health
- Thrive
- Mindshift (for younger people)

If you need help to create a safety plan you can contact:

- Breathing Space: 0800 838587
- SHOUT: text 85258
- Samaritans: 116 123 or 08457 90 90 90

If you need urgent mental health support due to active suicidal thoughts:

- Call NHS 24 Mental Health Hub on 111 or call emergency services on 999.
- Alternatively, you can attend A&E where you can be seen by the onsite Mental Health Team.

Self-referral contacts:

- **West Lothian Drug & Alcohol Service**
Telephone: 01506 430225
- **The Spark Counselling & Relationship Support** - Free relationship helpline
Telephone: 0808 802 2088 (Monday - Thursday 9am-9pm, Friday 9am-4pm)
- **DASAT (Domestic & Sexual Assault Team)**
Telephone: 01506 281055
Mobile/text: 07818 421480 & 07917 582539 (9am-5pm)
- **Bereavement Counselling -The Bridge Community Project**
Telephone: 01506 238980
Website: www.bridgecommunityproject.org.uk
E-mail: admin@bridgecommunityproject.org.uk
- **Trauma Counselling - Health in Mind**
Telephone: 01506 637572
Website: www.health-in-mind.org.uk
E-mail: westlothian@health-in-mind.org.uk
- **Trauma Counselling – Wellbeing Scotland**
Telephone: 01324 630100
Website: www.wellbeingScotland.org/
- **S.M.I.L.E. Counselling** - 11 to 24 years old
Telephone: 01506 239292
Website: www.smilecounselling.org.uk
E-mail: info@smilecounselling.org.uk



Practice Mental Health Nurse Service

West Lothian

Information for patients

Are you 18+ and experiencing mental health issues, stress, anxiety, depression, low mood, panic attacks or similar?

This leaflet will explain how our Practice Mental Health Nurse Service could help you and techniques you can use to manage your mental health.

Please contact your GP Reception to book an appointment with the Practice Mental Health Nurse.

We do not see patients with known or suspected dementia

Is this you?

If you find yourself agreeing to a lot of the following statements, then this can be a sign of having difficulties with your mental health:

- Little interest or pleasure in doing things
- Feeling down, depressed, or hopeless
- Trouble falling or staying asleep, or sleeping too much
- Feeling tired or having little energy
- Poor appetite or overeating
- Feeling bad about yourself—or that you are a failure or have let yourself or your family down
- Trouble concentrating on things, such as reading the newspaper or watching television
- Feeling nervous, anxious, or on edge
- Not being able to stop or control worrying
- Worrying too much about different things
- Trouble relaxing or being so restless that it's hard to sit still
- Becoming easily annoyed or irritable
- Afraid that something awful might happen

The Role of the Practice Mental Health Nurse

The Practice Mental Health Nurse (PMHN) works closely with the GPs in your practice. They offer **25-minute appointments**, where they carry out an assessment to identify your needs and get you right care to help you recover.

The PMHN will see patients who are experiencing issues with their mental health, stress, anxiety, depression, low mood, panic attacks or similar.

The PMHN can:

1) ASSESS PATIENTS & REFER ONTO APPROPRIATE SERVICES:

- Acute Care and Support Team (ACAST) – same day urgent care
- Community Wellbeing Hubs
- 3rd Sector Support/mental health charities
- Self-help resources
- Specialist care

2) DELIVER BRIEF INTERVENTIONS

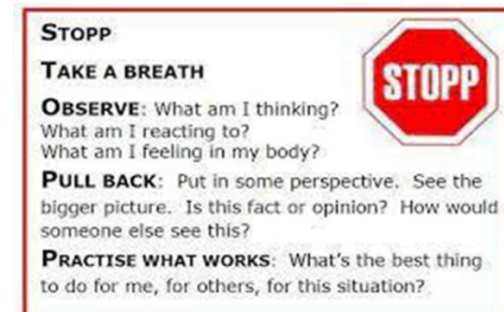
This applies to patients who require more than self-help advice but who do not require hospital-based services. These interventions are based on Decider Skills.

3) PROVIDE CARE PLANNING ADVICE

If you have to attend often, the PMHN can help you and your GP create a personalised Wellness Recovery Action Plan for you.

Techniques to manage your mental health

The STOPP technique



Download the STOPP app:



Apple Store Google Play

Decider Life Skills

The Decider Life Skills are 12 skills to help you manage your mental health and make better choices.

Visit the website or download the Decider Skills app: <https://www.thedecider.org.uk/>



Apple Store Google Play

WestSpace App

WestSpace is West Lothian's Mental Health Online Self-Help Resource.

Visit the website here:

<https://www.westspace.org.uk>

