

## Mental Health & Wellbeing Apps



App that offers a variety of mindfulness sessions. You can try this for free and there are offers on a subscription if you find this helpful.

<https://www.headspace.com/>



Free app. Learn to relax, manage your worries and improve your wellbeing with Chill Panda.

<http://chillpanda.co.uk/>



For support with guided meditation and sleep.

<https://www.calm.com/>



Sleepio is an app developed by sleep scientists to offer guidance and tools for a better sleep

<https://www.sleepio.com>



My Possible Self. Useful app for goal setting and tracking your wellbeing.

<https://www.mypossibleself.com/>

Perth City Locality

2023



Signposting for Mental Health  
and Wellbeing

Created by the MoveAhead service

Telephone: 01738 413070

## Mental Health and Wellbeing Primary Care Nurse

The Primary Care Mental Health and Wellbeing Nurses (PCMHWN) are based within GP Practices and are managed by Perth and Kinross Health and Social Care Partnership.

This role is based upon promoting the 5 essential elements of wellbeing:

**Occupational:** is about how you occupy your time or simply liking what you do every day

**Financial:** is about effectively managing your economic life

**Physical:** is about having good health and enough energy to get things done on a daily basis

**Environmental:** is about the sense of engagement you have with the area where you live

**Social:** is about having strong relationships and love in your life

Contact your GP to arrange an appointment.

**People that we cannot offer support to:**

People in crisis

Those already open to statutory mental health services (such as, Mental Health Team, MoveAhead, Psychiatry of Old Age Team, Drug and Alcohol services).

## Family Support

Home Start Perth and Kinross

Family Support for families with children under age of 5 years

Breast feeding support

Telephone: **01738 638847**

Email: **info@homestartpk.org.uk**

Parent to Parent

Family support for those caring for a child with additional support needs

Telephone: **07930 266473** (Perth contact)

Or Dundee office: 01382 817558

Buttons and Bows Baby Bank

Support with essential items for families experiencing financial difficulties

Telephone: **07549 046034**

Email: **info@perthbabybank.org**

## Carer Support and Advice

**PKAVS** 01738 567076

Young carers support included

Telephone/emotional support

Carer assessment

Daycare opportunities

**Change Mental Health** [info@changemh.com](mailto:info@changemh.com)

Support for those caring for someone with a mental health concern

- Telephone support
- Email Support
- Peer support
- Hearing Voices



## Mental Health Self-Help Resources

**NHS Inform** <https://www.nhsinform.scot/>

**Moodcafe** <http://www.moodcafe.co.uk/>

**Mind** [Home - Mind](#)

**Mental Health Foundation**  
<https://www.mentalhealth.org.uk>

**NHS Self-Help** [Self-help - NHS \(www.nhs.uk\)](#)

## Telephone Support

Samaritans: **116 123**

Breathing space: **0800 83 85 87**

Silverline (+65 years): **0800 4 70 80 90**

Shout text service (free): **85258**



## Substance Misuse Support

### I-DART Integrated Drug and Alcohol Recovery Team

Drumhar Health Centre

Telephone: **01738 564261**

Tayside Council on Alcohol

Telephone: **01738 580336**



### Alcoholics Anonymous

**Thursdays**, at the Trinity Church of Nazarene, York Place

Time: 19:30 - duration 1hr 30mins

Postcode: PH2 8EH

Enquiries call: 0141 226 2214

## Crisis Support

Local organisations for your information

**The Neuk: 01738 718070.** The Neuk offers a safe space for crisis support and wellbeing, offering a multi-disciplinary approach.

**The Lighthouse for Perth: 0800 121 4820.** We offer crisis support to anyone aged 12-25 who is at risk with their mental health. This includes those who are at risk of suicide or self-injury, or those who find themselves in emotional distress or crisis.

**NHS 24: call 111**

**GP Appointment for referrals to mental health services**

## Youth Wellbeing Support

[Perth and Kinross Website](#) for a variety of web based resources and contact details for organisations that support the wellbeing of children and young people.

<https://www.pkc.gov.uk/youngmentalhealthwellbeing>

Mindspace is a locally based organisation that offers counselling and support groups for young people.

Telephone: **01738 639657**

YMCA Perth: **01738 629883**

Offers groups and activities for young people in the local area

Lost in Translation Project by PKAVS

Supports the transition between child to adult mental health services

Telephone: **01738 567076**

## Mental Health & Wellbeing Support Services

MoveAhead: **01738 413070**

Perth City locality

Email: [tay.moveaheadservice@nhs.scot](mailto:tay.moveaheadservice@nhs.scot)

Facebook: [@moveaheadnhsperthcity](https://www.facebook.com/moveaheadnhsperthcity)

MoveAhead is a locally based support service which enables people to access opportunities and services in the community. It aims to enhance the mental health and wellbeing of individuals through participation and engagement in their local community. We can also offer low level interventions such as graded exposure work.

The service provides support to people (aged 16+) who wish to participate in a variety of community-based activities, one to one support, group work and signposting on to other relevant services and organisations.

We offer one to one support and facilitate a variety of groups to support mental health and wellbeing:

Art and craft groups, walking group, nature trail, cook-it group, confidence workshop. Anxiety workshop, reading and writing groups.

### People that we cannot offer support to:

Aged 16-18 in school education

Anyone with an address out with Perth city locality

People in crisis

## Mental Health & Wellbeing Support Services

**Mindspace 01738 639657**

Website: [mindspacepk.com](http://mindspacepk.com)

Mindspace Recovery College

<https://mindspacepk.com/services/recovery-college/>

Offers a variety of groups to support wellbeing, See website for current groups and to book.

### Wellbeing Support Team:

<https://www.pkc.gov.uk/carerwellbeing>

Based in the localities of Kinross, Crieff, Aberfeldy and Blairgowrie and can work with people living in/around these localities

**Social Prescribers: 01738 474455 /07824 498145**

Email: [wellbeingandrecovery@pkc.co.uk](mailto:wellbeingandrecovery@pkc.co.uk)

Social Prescribers can support people to access various activities and groups to improve their wellbeing. They can also signpost to what is available in your local community. You can contact them via above details or through your GP practice.