

In an emergency - If you are seeking urgent help contact NHS24: call 111 or ask for an urgent appointment with you GP.

SAMH (Scottish Association for Mental Health) Creative Communities Provides support, information and guidance around mental health for Scotland's creative sector. Offers workshops, resources, and connections to local support services.

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

The Samaritans offer emotional support 24 hours a day - in full confidence.

Call 116 123 - it's FREE.

Or email jo@samaritans.org.uk .

SHOUT

For free, confidential support, 24/7, text SHOUT to 85258.

If you are struggling to cope and need to talk, trained Shout volunteers are available day or night.

Find out more at <https://giveusashout.org/get-help/>

Rethink Mental Illness

You can call the Rethink advice and information line Monday to Friday, 10am to 2pm for practical advice on:

- different types of therapy and medication
- benefits, debt, money issues
- police, courts, prison
- your rights under the Mental Health Act.

Call Rethink on 0300 5000 927 (calls are charged at your local rate).

<https://www.rethink.org>

Mind

Offer an information line to answer questions about:

- types of mental health problem
- where to get help
- drug and alternative treatments
- advocacy.

Call the Mind infoline on 0300 123 3393 (UK landline calls are charged at local rates, and charges from mobile phones will vary considerably). Or email info@mind.org.uk

The Mind Legal Advice service

If you need legal advice, you can speak to Mind about:

- mental health
- mental capacity
- community care
- human rights and discrimination/equality related to mental health issues.

Call the Mind Legal Advice service on 0300 466 6463 (UK landline calls are charged at local rates, and charges from mobile phones will vary considerably). Or

email legal@mind.org.uk

CALM

The Campaign Against Living Miserably (CALM) is leading a movement against suicide. You can talk to CALM about anything.

Call the CALM helpline on 0800 58 58 58 or use their webchat [here](#).

The helpline and webchat are both open 5pm to midnight, 365 days a year.

<https://www.thecalmzone.net>

BAPAM (British Association for Performing Arts Medicine) - Free clinical consultations and mental health support specifically for performing artists and creative practitioners. Their healthcare professionals understand the unique pressures of creative work. Helpline: 0800 068 8099.

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

Help Musicians Scotland - Music Minds Matter 24/7 mental health support line and service specifically for those working in music. Offers counselling, CBT, advice on debt, benefits, housing, and access to peer support groups. Call 0808 802 8008 or text MUSIC to 85258.

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

Scottish Mental Health Arts Festival

Led by the Mental Health Foundation, the Scottish Mental Health Arts Festival (SMHAF) is one of the world's leading arts events dedicated to mental health. Through their work, they explore how the arts and creativity can help to prevent mental health problems and support people to live mentally healthier lives.

<https://www.mhfestival.com>

A Sonic Hug Podcast

The A Sonic Hug podcast provides a platform for individuals to share raw, unfiltered stories about mental health struggles. Drawing from her own 25-year battle with PTSD, panic disorder, and agoraphobia, host and producer, Halina Rifai's aim is to promote empathy and understanding by presenting real-life accounts without sugar-coating. A Sonic Hug is more than a podcast; it's a community united by shared experiences, promoting compassion and awareness.

<https://linktr.ee/asonichug>

Disordered Podcast

Disordered is the podcast that delivers real, evidence-based, actionable talk about anxiety disorders and anxiety recovery in a kind, compassionate, community-oriented environment. Josh Fletcher is a qualified psychotherapist in the UK. Drew Linsalata is a therapist practicing under supervision in the US. They're both bestselling authors in the anxiety and mental health space.

<https://www.disordered.fm>