

### **1.9.1 Scottish Mental Health Contacts**

Acumen is a support network that enables mental health service users and carers in Argyll & Clyde to participate as equal partners in the development of services and the promotion of well-being and recovery.

t: 0141 847 8900 e: [enquiries@acumennetwork.org](mailto:enquiries@acumennetwork.org)

AdvoCard is a service user-led, independent advocacy organisation. Its services are primarily for people with experience of mental illness in Edinburgh. It provides opportunities for people to participate effectively in decisions affecting all aspects of their lives.

t: 0131 554 5307 e: [advocacy@advocard.org.uk](mailto:advocacy@advocard.org.uk)

African Lanarkshire for Mental Health bridges the gap in terms of cultural understanding from the mainstream organisations in tackling and meeting the needs of Africans around mental health issues. African Lanarkshire for Mental Health creates a way of integrating people affected with mental health back in their family and the wider community.

t: 01698911048 e: [info@afrolanwellbeing.org](mailto:info@afrolanwellbeing.org)

Alma Project aims to improve the mental health and well-being of inhabitants of Edinburgh and Lothians by using art as a therapeutic tool. The Project was established in December 2010 by former staff members, service users, volunteers and supporters of the Stepping Stones mental health project.

t: 0770 36 39 334 e: [thealmaproject@gmail.com](mailto:thealmaproject@gmail.com)

Bipolar Aberdeen is a self-help support group for people with bipolar disorder including their carers, family and friends, who get together to share experiences and to provide mutual support and advice on coping with bipolar.

e: [bipolar.abdn@gmail.com](mailto:bipolar.abdn@gmail.com)

Breathing Space is a free, confidential, phone service for anyone in Scotland experiencing low mood, depression or anxiety.

t: 0800 83 85 87 e: [info@breathingspacescotland.co.uk](mailto:info@breathingspacescotland.co.uk)

Choose Life was formed to identify and intervene to reduce suicidal behaviour in high risk groups, develop and implement a co-ordinated approach to reduce suicidal behaviour, provide support to those affected by suicidal behaviour and reduce availability and lethality of methods used in suicidal behaviour.

e: [info@chooselife.net](mailto:info@chooselife.net)

CAPS (Consultation & Advocacy Promotion Service) is an independent advocacy organisation for people who use or have used mental health services. It is totally independent from its funders and other agencies who offer services to its clients. CAPS provides individual and collective advocacy in East Lothian and Midlothian.

t: 0131 273 5116 e: [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)

Confederation of Scottish Counselling Agencies (COSCA) is Scotland's professional body for counselling and psychotherapy. It advances and supports all forms of counselling, psychotherapy and the use of counselling skills. It also tries to promote

high quality counselling supervision and continuing professional development for everyone delivering counselling services across Scotland. Its website can also help you locate a counsellor or a therapist.

t: 01786 475 140 e: [info@cosca.org.uk](mailto:info@cosca.org.uk)

CrossReach provides social care services and specialist resources to further the caring work of the Church of Scotland to people in need, such as the elderly, children, families and those with learning difficulties. It also helps to identify areas of need and guides the Church in pioneering new approaches to social problems

t: 0131 657 2000 e: [info@crossreach.org.uk](mailto:info@crossreach.org.uk)

Dundee Service User Network is a service user involvement platform for people in Dundee with a lived experience of mental illness.

Edinburgh Patients Council is an independent collective advocacy project for people who use or have used the services of The Royal Edinburgh Hospital. It strengthens the voice of patients and former patients through independent collective advocacy and builds on the foundations established by patients over twenty years.

t: 0131 537 6462 e: [info@rehpatientscouncil.org.uk](mailto:info@rehpatientscouncil.org.uk)

Express Group Fife provides opportunities for self-help social activities, outings and holidays for people in Fife with a lived experience of mental illness. It also provides a space where members can share experiences and offer mutual support.

t: 01592 652975 e: [info@expressgroup.fsnet.co.uk](mailto:info@expressgroup.fsnet.co.uk)

Flourish House is an independent charity which aims to enable people with mental illness to regain purposeful lives in the community. It operates as a clubhouse that enables people with mental health difficulties to gain a sense of well-being. Members recover confidence and skills whilst achieving social, financial and vocational goals.

t: 0141 333 0099 e: [info@flourishhouse.org.uk](mailto:info@flourishhouse.org.uk)

Glasgow Association for Mental Health is one of the principal providers of mental health services in Greater Glasgow. The Association aims to provide high quality support both to those who are experiencing mental health difficulties and to their carers.

t: 0141 552 5592 e: [info@gamh.org.uk](mailto:info@gamh.org.uk)

Health in Mind is a charity which promotes positive mental health and wellbeing in Scotland. It offers a wide range of services including support, respite, befriending, talking therapies and day services.

t: 0131 225 8508 e: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

Hug Spirit Advocacy is a collective advocacy group representing the interests of mental health service users across the Highlands. It campaigns to improve the rights, services and treatment of people with mental health problems in the Highlands.

t: 01463 719366 e: [hug@spiritadvocacy.org.uk](mailto:hug@spiritadvocacy.org.uk)

Klacksun works in partnership with Clackmannanshire Council and local NHS services. Through this relationship, it provides a forum for people with mental health

problems to consider, review and develop principles and practices in relation to these services.

t: 01259 215048 e: [admin@klacksun.org.uk](mailto:admin@klacksun.org.uk)

Lothian Bipolar Group is a group of people who provide information, support and advice to those affected by bipolar disorder in Edinburgh and the Lothians. Group members have their own experience of bipolar and they help each other to stay well by meeting regularly in friendly and supportive environments, learning about the condition, investigating new treatments, sharing life stories and doing fun things like cinema trips and ten-pin bowling.

t: 0141 560 2050 e: [info@lothianbipolargroup.org.uk](mailto:info@lothianbipolargroup.org.uk)

Lanarkshire Links is a mental health service user and carer led organisation whose members support each other to become involved in the planning, design, implementation and monitoring of mental health services in Lanarkshire.

t: 01698 265232 e: [admin@lanarkshirelinks.org.uk](mailto:admin@lanarkshirelinks.org.uk)

Maternal Mental Health Scotland provides information to people affected by maternal mental health issues, their families and carers, and the general public. It is a forum of health professionals in Scotland who work with pregnant women, new mums, and their families and carers.

e: [info@maternalmentalhealthscotland.org.uk](mailto:info@maternalmentalhealthscotland.org.uk)

Mental Health Foundation Scotland focuses on social justice and inequality in mental health, raising awareness of mental health with the public and working in partnership with community organisations, policy makers and researchers. Our programmes link together policy, research evidence and practice, helping people and publicly recognises the role mental health plays in life.

t: 0131 243 3800 or 0141 572 0125 e: [scotland@mhf.org.uk](mailto:scotland@mhf.org.uk)

Mental Health Network (Greater Glasgow) is a service user led organisation that gathers the experiences and opinions of people who have used mental health services in the Greater Glasgow area. It believes that service users possess valuable insight into services that will prove invaluable to service providers.

t: 0141 550 8417 e: [info@mhngg.org.uk](mailto:info@mhngg.org.uk)

Mental Health Tribunal for Scotland provides a responsive and accessible, independent and impartial service to help make decisions on the compulsory care and treatment of people with mental disorders in Scotland. The Tribunal was created in 2005 by virtue of section 21 of the Mental Health (Care and Treatment) (Scotland) Act 2003. The Tribunal is located in Hamilton and its staff work throughout Scotland.

t: 0800 345 70 60 Freephone e: [mhts@scotland.gsi.gov.uk](mailto:mhts@scotland.gsi.gov.uk)

Mental Welfare Commission for Scotland aims to ensure that care, treatment and support are lawful and respect the rights and promote the welfare of individuals with mental illness, learning disability and related conditions. We do this by empowering individuals and their carers and by influencing and challenging service providers and policy makers.

t: 0131 313 8777 or 0800 389 6809 e: [enquiries@mwscot.org.uk](mailto:enquiries@mwscot.org.uk)

New Horizons Borders was founded in 1993 to provide facilities independent of conventional mental health services. It also provides informal meeting places across the Borders where members can access mutual support and develop friendships.  
t: 01896 755510 e: [enquiries@newhorizonsborders.org](mailto:enquiries@newhorizonsborders.org)

Penumbra supports adults and young people in Scotland to move towards mental wellbeing. Our vision is of a society where people with mental health problems expect recovery and are accepted, supported and have the resources to fulfill their potential.  
t: 0131 475 2380 e: [enquiries@penumbra.org.uk](mailto:enquiries@penumbra.org.uk)

Plus Perth & Kinross is a charitable company led by people who have used mental health services. PLUS objectives include the promotion of mental health as everyone's concern, challenging stigma, influencing positive changes in mental health services and promoting a fair and inclusive society.  
t: 01738 626242 e: [info@plusperth.co.uk](mailto:info@plusperth.co.uk)

The Richmond Fellowship Scotland is a charity which supports over 2800 people across Scotland with a broad range of needs to live as independently as possible in their own homes and communities.  
t: 0845 013 6300

Royal College of Psychiatrists, Scotland is the professional body responsible for education and training, and setting and raising standards in psychiatry in Scotland.  
t: 0131 220 2910 e: [angela.currie@rcpsych.ac.uk](mailto:angela.currie@rcpsych.ac.uk)

Scottish Association for Mental Health is one of Scotland's leading mental health charities. It works hard every day to ensure that people are talking about mental health through community based services for people with mental health problems, national programmes, policy and campaigning work and fund-raising.  
t: 0141 530 1000 e: [enquire@samh.org.uk](mailto:enquire@samh.org.uk)

Scottish Dementia Working Group is a national campaigning group run by people with dementia. It is the independent voice of people with dementia within Alzheimer Scotland. The Group campaigns to improve services for people with dementia and to improve attitudes towards people with dementia.  
t: 0141 418 3939 e: [sdwg@alzscot.org](mailto:sdwg@alzscot.org)

Scottish Independent Advocacy Alliance promotes, supports and defends the principles and practice of independent advocacy across Scotland. It is a membership organisation. Its aim is to ensure that high quality advocacy is available to everyone who needs it in Scotland.  
t: 0131 556 6443 e: [enquiry@siaa.org.uk](mailto:enquiry@siaa.org.uk)

Scottish Mental Health Arts and Film Festival (SMHAFF) is one of Scotland's most diverse cultural events, covering everything from music, film and visual art to theatre, dance, and literature. The annual festival takes place in venues across Scotland throughout October, aiming to support the arts and challenge preconceived ideas about mental health.  
t: 0141 572 0413 e: [smhaff@mentalhealth.org.uk](mailto:smhaff@mentalhealth.org.uk)

Scottish Mental Health Research Network provides support to improve the quality and quantity of research and promote excellent in mental health clinical research in Scotland. Our scope includes commercial and academic studies across a wide range of areas including imaging, psychosocial, genetic, multi-centre clinical trials, and e-health research.

t: 0141 951 5508 e: [info@smhrn.org.uk](mailto:info@smhrn.org.uk)

Scottish Recovery Network was launched in 2004 as an initiative designed to raise awareness of recovery from mental health problems. SRN developed out of a loose affiliation of individuals and organisations with a common interest in recovery and share its information and ideas as quickly as possible.

t: 0141 240 7790 e: [info@scottishrecovery.net](mailto:info@scottishrecovery.net)

See Me is Scotland's national campaign to end the stigma and discrimination surrounding mental ill-health. The campaign is an alliance of five mental health organisations and fully funded by the Scottish Government. It launched in 2002.

t: 0131 516 6819 e: [info@seemescotland.org](mailto:info@seemescotland.org)

Support in Mind Scotland works to improve the wellbeing and quality of life of people affected by serious mental illness. This includes those who are family members, carers and supporters. It seeks to support and empower everyone affected by mental illness.

t: 0131 662 4359 e: [info@supportinmindscotland.org.uk](mailto:info@supportinmindscotland.org.uk)

User and Carer Involvement is a Scottish charity operating across Dumfries and Galloway. Its mission is to provide a representative voice for people who have mental illness, dementia or learning disabilities and, as a result, ensure positive changes in service provision.

t: 01387 255330 e: [info@userandcarer.co.uk](mailto:info@userandcarer.co.uk)

Time and Space is a service for people with complex mental health problems in Glasgow. It works with people who are troubled by auditory hallucinations (voice hearers) and their families.

t: 07875219668 or 07891673485 e: [info@timeandspace.org.uk](mailto:info@timeandspace.org.uk)

VOX (Voices of Experience) is Scotland's national voice on mental health. It represents service user views to Scottish politicians and health professionals to ensure Scotland's laws and mental health services reflect patient needs and interests. VOX is run by people with mental health issues for people with mental health issues - if you have a lived experience of mental illness, you can join VOX to start shaping the mental health agenda.

t: 0141 572 1663 e: [info@voxscotland.org.uk](mailto:info@voxscotland.org.uk)

West Dunbartonshire Mental Health Forum is a group of people and carers from West Dunbartonshire who have experienced mental health difficulties. The Forum offers a place for people to meet and share their thoughts on West Dunbartonshire's mental health services and to influence the wider community.

t: 01389 742294 e: [info@wdmhforum.org](mailto:info@wdmhforum.org)

Bipolar Scotland is not responsible for any of the information featured on external websites. If you have any unhelpful experiences using any of the sites listed here, please tell us at [info@bipolarscotland.org.uk](mailto:info@bipolarscotland.org.uk) – and please also tell us about any good sites you encounter so we can add them to our list.