

## OTHER USEFUL CONTACTS

**Breathing Space** - 0800 83 85 87

(Open Mon-Thurs 6pm-2am and weekends 24 hours)

Breathing Space is a free, confidential phone and web based service for any individual who is experiencing low mood or depression.

[www.breathingspace.scot](http://www.breathingspace.scot)

**Samaritans** - 116 123 (Open 24 hours)

Samaritans provides confidential non-judgemental emotional support, 24 hours a day.

[www.samaritans.org](http://www.samaritans.org)

**NHS 24** - 111

NHS 24 is an online and telephone based service which provides comprehensive and up to date health information and self-care advice for people in Scotland.

[www.nhs24.com](http://www.nhs24.com)

*Living Life*

## Feeling low, anxious or stressed?



**Living Life is a FREE telephone service that could help.**

**0800 328 9655**

**Open Monday – Friday, 1pm – 9pm**

*Living Life*

**0800 328 9655**

**NHS  
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## What is NHS Living Life?

Living Life is a free phone service for anyone aged 16 and over experiencing low mood, mild/ moderate depression and/or anxiety.

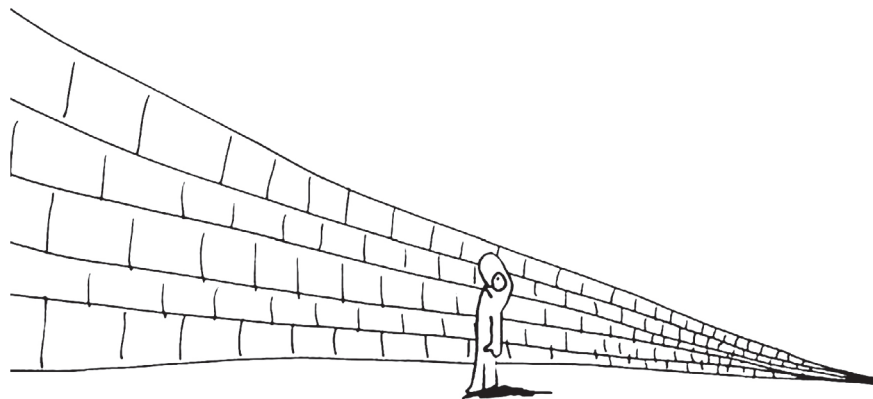
Living Life is based on a Cognitive Behavioural Therapy (CBT) approach. The service offers two types of telephone support:

### 1) Guided Self-help

Self-help Coaches guide individuals through self-help workbooks, to help them understand some of the reasons why they are feeling low or anxious.

### 2) Cognitive Behavioural Therapy

Therapists support individuals to identify patterns of thinking and develop new ways of coping.



## What to expect?

You will be asked to complete a short questionnaire to ensure Living Life is best suited to your needs.

If so, you will be offered a series of telephone support sessions.

To find out more about Living Life ask your GP for a referral or call us on **0800 328 9655**.

You can also find further information at:  
**[www.livinglife.scot](http://www.livinglife.scot)**

**"I feel much happier. I am now a much stronger and more confident person."**

**"I was able to work on tools and mind-set to help me deal with the life stresses that came my way."**