

Your mental health and wellbeing can be affected by your social situation such as the support you have from family or friends, where you live and how much money you have. Challenging situations, such as loss and change can have a big impact on your mental health and wellbeing and how you cope with life.

You can find information and advice about mental health and wellbeing on Angus Health and Social Care Partnership's website [www.angushscp.scot/mhwellbeing/](http://www.angushscp.scot/mhwellbeing/)

There are many services offering support in Angus. Please get in touch with one of these services if you are struggling with your mental health and wellbeing.

#### **Support available in your local GP practice**

**Do you need to talk? Are you experiencing loss, illness, difficult relationships or a change in your life?** Often people discover their strength, and can find hope, when they share what is on their mind with a trained community listener.

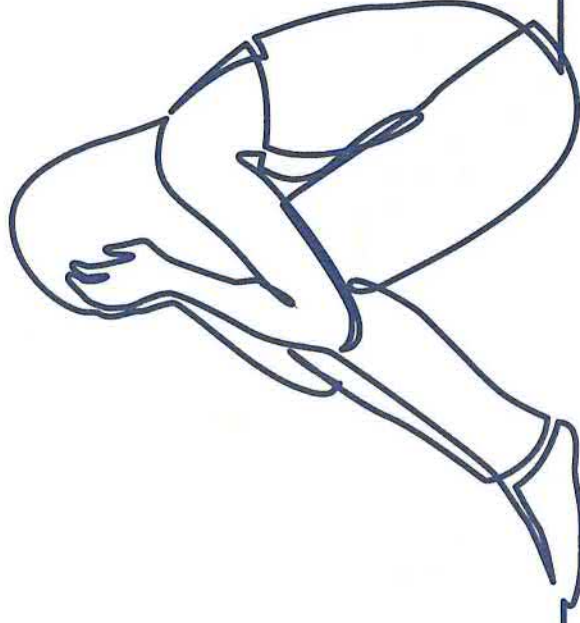
**Are you feeling alone, have no support, live in poor housing conditions or don't do anything that you enjoy?** A social prescriber at your local GP practice can help manage any practical problems you're having.

**Are you feeling low, anxious, having trouble sleeping, stressed, not coping or self harming?** The mental health and wellbeing peer worker at your local GP practice will share a range of self-help resources, information and advice based on your needs.

Contact your local GP practice to find out more.

#### **Support available in your community**

**Penumbra Angus Nova Project** can help if you struggle to access social activities, make friends or follow your ambitions due to poor mental health and wellbeing. Penumbra can help you to learn new ways of coping. Contact them on **01241 873900**.



**Cruse Bereavement Care Scotland** can offer support to help you to understand your grief and cope with your loss if you are not coping six months after losing someone. Contact them on **0845 600 2227**.

**Insight Counselling** can support you to talk about troubling issues from your past or present, deal with your feelings, problem solve and make decisions. Insight's Angus Adult Bereaved by Suicide Service offers individual or family counselling for any adult living in Angus who has been affected by suicide. Contact them on **01382 305706**.

**The Angus Suicide Prevention and Support Service** can support you, your family members, carer or friends if you experience thoughts of suicide or have attempted suicide in the past. The service promotes safety, wellbeing and recovery. Contact them for free on **0800 135 7899** or email them at [aspss@penumbra.org.uk](mailto:aspss@penumbra.org.uk)

**Angus Carers** can support you to cope with your caring role. Contact them on **01241 439157**.

Your local **ANGUSAlive library** has a lot of useful mental health and wellbeing books and information. The **BE ACTIVE live well exercise programme** is available in all seven ANGUSAlive sports facilities and supports good mental health and wellbeing.