

# External Help & Additional Support

## The Mix

Discussion forums, information resources, a Student Survival Guide plus trained advisors who can offer email support, instant chat & telephone counselling. Good for info on alcohol/drugs, sex and relationships

[www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)

Tel: **0808 808 4994**

Opening Hours: **11.00-23.00 Daily**

## The Desk

Self-help modules, quizzes, videos & podcasts to guide you through self-help plans, challenging unhelpful thoughts, organising your time & mindfulness. Need to register. Good for time management and procrastination.

[www.thedesk.org.au](http://www.thedesk.org.au)

Opening Hours: **Online**

## Living Life

Want to know how to feel happier, more confident & worry less right now? Would you like to learn new ways of dealing with what life throws at you? Follows a cognitive-behavioural therapy (CBT) model

[littf.com/home/living-life-to-the-full-series/](http://littf.com/home/living-life-to-the-full-series/)

Opening Hours: **Online & Booklets in Waiting Room**

## Breathing Space

Free and confidential phonenumber service for any individual who is experiencing low mood or depression. Linked to the NHS who can access your medical records if helps

[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

Tel: **0800 83 85 87 (FREE)**

Opening Hours: **Mon-Thurs 6pm-2am  
& weekends 24hrs**

## Samaritans

Confidential non-judgemental emotional support, 24 hours a day, for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

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

Tel: **116 123 (24hrs) FREE**

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Opening Hours: **24 hours**

## Penumbra

A free person-centred mental health & wellbeing centre catering for mental health recovery, self-harm & anxiety with one-to-one & peer-to-peer support.

Web Search '**Aberdeen Penumbra Nova Project**'

**20 Back Wynd, Aberdeen, AB10 1JP**

Email: [north@penumbra.org.uk](mailto:north@penumbra.org.uk)

Tel: **01224 621 266**

# External Help & Additional Support

## Moodzone

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing. Largely cognitive-behavioural therapy (CBT) based.

[nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx](https://www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx)

Opening Hours: **Online**

## Moodjuice

How to manage your emotions, relationships, life skills, find meaning and a healthy way to live your life. Printable self-help guides and handouts on anxiety, stress, depression, assertiveness etc

[www.moodjuice.scot.nhs.uk/](http://www.moodjuice.scot.nhs.uk/)

Opening Hours: **Online**

## Mindfulness for Students

Helping you to stay calm, focused & better manage the pressures of student life.

[www.mindfulnessforstudents.co.uk](http://www.mindfulnessforstudents.co.uk)

Opening Hours: **Online**

## Living Life

Free NHS run cognitive behavioural therapy (CBT) by phone. Coach-guided self-help or CBT for anxiety, depression etc. 6-9 x 60 min sessions. Self-referral.

<http://breathingspace.scot/living-life/>

Tel: **0800 328 9655**

Opening Hours: **Mon-Fri 13.00-21.00**

## Beat

A UK-based eating disorders charity offering helplines, including a Youthline. Peer online support.

[www.beateatingdisorders.org.uk/](http://www.beateatingdisorders.org.uk/)

Helpline (Over 18): **0808 801 0677**

Youthline (Under 18): **0808 801 0711**

Email: [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

Opening Hours: **16.00-22.00 every day**

## Students Against Depression

Information & resources to help you identify low mood or depression & then find a way forward - tips & advice from students who have experienced it all themselves.

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

Opening Hours: **Online**

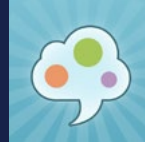
# Students recommended Apps!

## 7 Cups



Need to talk to someone? Download **7 Cups** now for FREE anonymous emotional support

## SAM



**SAM** offers a range of self-help methods for people who are serious about learning to manage their anxiety.

## Woebot



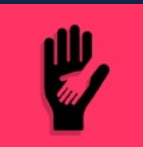
Meet your own personal **Woebot**. Chat, learn, and reflect. Just clinically tested techniques + the occasional dorky joke.

## WYSA bot



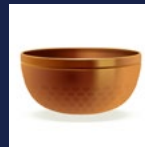
**WYSA bot**. Research-backed, widely used support you with stress, anxiety, sleep, loss and a whole range of other mental health and wellness needs.

## What's Up?



**What's Up?** is a free app utilising the best CBT and ACT methods to help you cope with Depression, Anxiety, Anger, Stress etc

## Insight Timer



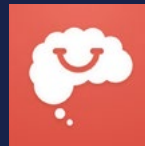
**Insight Timer**. Meditation for sleep and anxiety. Multi-award-winning app. 4.8 out of 5 on iTunes. Free and premium options.

## Stop, Breathe and Think



**Stop, Breathe and Think**. Meditation & mindfulness to help you feel strong, connected and inspired through life's ups and downs.

## Smiling Mind



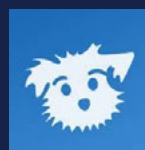
Australia's leading FREE meditation app **Smiling Mind** is used by over 3M people. 10min/day is all you need to start seeing the benefits.

## Calm



**Calm** offers meditation and sleep stories for anxiety and self-esteem. Multi-award winning. 4.8 out of 5 on iTunes. Loads of features.

## Down Dog



**Down Dog** provides yoga practice at different levels and from 20 minutes onwards.