

## STAY INFORMED – USE RELIABLE SOURCES

### READY SCOTLAND

<https://www.readyscotland.org/>

### SCOTTISH GOVERNMENT

<https://www.gov.scot/>

### NHS INFORM

<https://www.nhsinform.scot/>

- AGE SCOTLAND
- YOUNG MINDS
- NHS UK

- ACTIVE NATION
- PARENT CLUB
- MENTAL HEALTH FOUNDATION

## MENTAL HEALTH WELLBEING

### CREATE A HEALTHY HOME ROUTINE

- SLEEP
- EAT
- EXERCISE

### STAY CONNECTED

- SOCIAL MEDIA
- WHATSAPP
- SKYPE
- ZOOM

## FIND SUPPORT

### SAMARITANS

CALL - 116 123

<https://www.samaritans.org/>

### BREATHING SPACE

CALL - 0800 838587

<https://breathingspace.scot//>

### EVERY MIND MATTERS

<https://www.nhs.uk/oneyou/every-mind-matters/>