

## NHS Greater Glasgow and Clyde Mental Health Improvement Team

### Key websites to support your mental health and wellbeing

You may be worried about yourself and your family and how you can look after your mental health at this time. It's normal to feel stressed, scared, confused and even angry during these times. If you have any of those feelings only get information and advice from credible and reliable sources. Limit the amount of time you spend checking the news and avoid some of the 'fake news' stories that are going around.

NHS Inform will give you all the advice you need to keep yourself safe.

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

Pregnant and new parents: [www.parentclub.scot](http://www.parentclub.scot)

Children and Young People: [www.youngminds.org.uk](http://www.youngminds.org.uk) Parent helpline; 08088025544

Mental Wellbeing and COVID-19 - SAMH – [www.samh.org.uk](http://www.samh.org.uk)

How to look after your mental health – [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

General Anxiety: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) Text service 07537416905

For anyone needing support for domestic abuse as well as family members, this is a confidential, sensitive service for anyone to call. You can speak to a professional in your preferred language: 08000271234 or email [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk)

New App from NHS Scotland enables you to get an isolation note to give your employer as proof you need to stay off work because of COVID-19 – You DON'T need to get a note from your GP; <http://www.111.nhs.uk>