

Welcome to the Mental Health Passport!

This passport is designed to empower us in a journey alongside our mental health difficulties

There are a few pages to be filled in by the user, as a personal self-help mental health plan

(Please keep this confidential and in a safe place!)

This is followed by a collation of various Mental Health resources and links

Hope this will be useful!

My Details

 Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I struggle with these Mental Health Issues \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My Regular Medications

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My Doctor and Clinic

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My Support System

My Emergency Contact Person \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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People I can call when I feel down

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_My Mental Health Nurse/ GP\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My triggers

These triggers worsen my anxiety/ depression/ mood/ other symptoms, so I should try to avoid them:

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My distraction techniques

These techniques might help me/ have helped me in the past when I felt triggered:

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The Feeling Good App

**Contains the audio programme Positive Mental Training**

**Get the app!** Downloading the **app is free**

**1.** **Visit** your app store on your phone or tablet.

**2**. **Search** on ‘feeling good’ and look for the logo with a blue sky and sun (see picture above)

**3**. **Install** the app free to your device. It comes with free stuff.

**4. Unlock** the rest of the tracks by putting the **username and password** below into the login boxes at the foot of the ‘download’ tab. (NB this username and password are *only* for this app.)

5. On an **ipad/iphone** you need to **close the keypad** (press done) **before** pressing ‘submit’

**6.** **Complete the questionnaire** –mood scorefor your interest,helpful to us, all results are anonymous.

 **NB** your device needs to be set up to use the app store, this requires registering with google or apple.

**edinchpa**

 **positive**

 **My app login username My app login password**

Other Self Help Resources

**Royal College of Psychiatrists**  [www.rcpsych.ac.uk/mentalhealthinformation.aspx](http://www.rcpsych.ac.uk/mentalhealthinformation.aspx)

Up-to-date information, wide range of printable leaflets & resources on website.

e.g Depression; Depression in Older Adults/ in the workplace/Postnatal ; Alcohol & Depression; Bereavement, Antidepressants; CBT; Anxiety and phobias; Coping with Trauma; Stress; Anorexia; OCD

**MIND** <http://www.mind.org.uk/information-support/>

**HelpGuide** <http://www.helpguide.org> (info - including Burnout, Separation, Bullying, Anger)

Mental health information leaflets available in many different languages

**Edspace** [www.edspace.org.uk](http://www.edspace.org.uk)

Edinburgh based - mental health & well being info about local support services & groups

**Living Life to the Full** <https://llttf.com/>

Online version of **CBT** Cognitive Based Therapy self help materials, relaxation sound & modules

**Mood Gym** <http://www.moodgym.anu.edu.au/>

Australian website which uses **CBT** to develop skills for preventing & coping with depression

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

Self-help information using **CBT** approach: depression, anxiety, stress, panic and sleep problems

**Mindfulness. Finding Peace in a Frantic World.** Mark Williams **Book & CD** Guided meditations

Resources for counselling and support:

**NE Edinburgh Counselling Service** [www.neecscounselling.org.uk](http://www.neecscounselling.org.uk) Tel 0131 557 4478

31 Haddington Place (on Leith Walk) EH7 4AG Counselling helps you to explore & understand your feelings and difficulties, enabling you to make changes and cope better.

**Health in Mind** [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk) 0131 225 8508 Resource Centre 40 Shandwick Place

offer befriending; support groups, inc for ethnic minorities; counselling, incl adult survivors of sexual abuse

**Stress Control Classes** x 6 lectures: <https://services.nhslothian.scot/stresscontrol/Pages/default.aspx> See website for info about this CBT based course, dates & various venues –> Phone Health-in-Mind to book place

**Mental Health Information Station** = **Drop in** = Thursdays 11am–3pm Advice, guidance, info & coffee

For anyone affected by mental health issues. Walpole Hall St Mary’s Cathedral Palmerston Place EH12 54W

Specific support services

**Saheliya** Ethnic Minority Women’s support <http://www.saheliya.co.uk/> 125 McDonald Rd 0131 556 9302

**CRUSE** Bereavement counselling <http://www.crusescotland.org.uk/> Tel 0845 600 2227

**Vocal** Counselling & support for Carers [www.vocal.org.uk](http://www.vocal.org.uk) 0131 622 6666 Carers’Hub 60 Leith Walk

**LGBT** Support for lesbian gay bisexual transgender people <http://www.lgbthealth.org.uk/> 03001232523

**ELCA** Alcohol <http://edspace.org.uk/service/edinburgh-lothian-council-on-alcohol/> 0131 337 81886

**The Recovery Hub** - Drug or alcohol problems – drop in daily at 5 Links Place EH6 7EZ 0131 554 7516

**Relationship counselling**  <http://www.bright-light.org.uk/> 0131 556 1527 9a Dundas St EH3 6QG

Useful phone numbers

**Samaritans Free phone** **116 123** 24 hour Helpline [www.samaritans.org](http://www.samaritans.org)

**Breathing Space** **0800 83 85 87** Confidential Phone linefor anyone feeling low or anxious

Open 7days: Mon-Thurs: 6pm -2am Fri-Mon 6pm – 6am <https://breathingspace.scot>/

**Living Life** Telephone appointment support for >16 yrs with stress, low mood or anxiety, by self-help coaches & therapists, CBT approach 4-9 sessions Tel 0800328 9655 <https://breathingspace.scot/living-life/>

**Women’s Aid** 0800 027 1234 or 0131 315 8110 [www.scottishwomensaid.co.uk](http://www.scottishwomensaid.co.uk)

**Victim Support** 0845 603 9213

**Citizens Advice Bureau** Nearest: **Leith** 23 Dalmeny St 0131 510 5510 and 58 **Dundas** St 0131 510 5510

<https://www.citizensadvice.org.uk/scotland/> Independent advice including benefits, welfare, debt, legal rights

**GOV.UK**  <https://www.gov.uk/> Info on government services e.g. benefits, debt, births & deaths, childcare

IN an emergency, I would call:

**Edinburgh Crisis Centre**  **0808 801 0414** 24 hours helpline or text 07974429075

**NHS 24** Free phone **111** 24 hour helpline for medical problems. [www.nhsinform.co.uk](http://www.nhsinform.co.uk)

**MHAS Mental Health Assessment Service** (REH 24hrs) **0131 537 6000** Ask for Emergency Team