

# WELLBEING SIGNPOSTING

Looking after your wellbeing is important, and support is available if you need it. Below you will find information on a range of services and resources that can help, whether you are looking for local support in Angus, national services, practical tools and strategies, or an emergency.

You can access these resources at any time, depending on what feels right for you.

## Angus Local:

- **Are you Okay?:**
  - The central hub for local mental health information, service directories, and "where to start" advice for Angus residents.
  - Web: [angus.gov.uk/social-care-and-health/mental-health-and-wellbeing/are-you-ok](http://angus.gov.uk/social-care-and-health/mental-health-and-wellbeing/are-you-ok)
- **The Beacon: Hillcrest Futures:** Kirk Square, Arbroath, DD11 1DX.
  - A safe, welcoming space for anyone in Angus (16+) experiencing emotional distress.
  - Hours: 12:00 PM (noon) to 12:00 AM (midnight), 7 days a week, 365 days a year
  - Web: [hillcrest.org.uk/hillcrest-futures/our-services/the-beacon/](http://hillcrest.org.uk/hillcrest-futures/our-services/the-beacon/)
- **CAMHS ND Portal (NHS Tayside):**
  - A dedicated resource for families navigating Neurodevelopmental pathways (ADHD, Autism, etc.) in Tayside.
  - Web: [nhstaysidecamhs.co.uk](http://nhstaysidecamhs.co.uk)
- **Reach Across:**
  - A local charity providing support, signposting, and a safe space for those affected by mental health struggles.
  - Web: [reachacross.org.uk](http://reachacross.org.uk)
- **Angus Council – Support for Families:**
  - Provides access to family work, social work services, and community-based support.
  - Web: [angus.gov.uk/social-care-and-health/children-and-families/support-for-families](http://angus.gov.uk/social-care-and-health/children-and-families/support-for-families)

## National:

- **Parentline Scotland (Children 1st):**
  - Scotland's national helpline for anyone caring for a child who needs support.
  - Call: 08000 28 22 33 | [children1st.org.uk](http://children1st.org.uk)
- **YoungMinds Parent Helpline:**
  - Expert advice for parents worried about a child's mental health.
  - Call: 0808 802 5544 | [youngminds.org.uk/parent/parents-helpline/](http://youngminds.org.uk/parent/parents-helpline/)
- **The Mix:**
  - Essential support for young people under 25 on mental health, money, and relationships.
  - Text: 'THEMIX' to 85258 | [themix.org.uk](http://themix.org.uk)



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You can access practical tools and strategies to support you as part of preventative, maintenance and recovery actions.

If you are experiencing difficulties, you do not have to face them alone. If your situation feels urgent or you are at immediate risk, please contact emergency services straight away. Reaching out for support is a positive step, and help is available when you need it.

## Practical tools and strategies

- **The Decider Skills:**
  - Highly visual "Life Skills" (CBT and DBT skills) to help young people and adults manage intense distress and reduce impulsive behaviour.
  - Web: [pwa.thedecider.org.uk](http://pwa.thedecider.org.uk) | 'The Decider Skills'/'STOPP' App for a summary of skills.
- **What's Up With Everyone?:**
  - A resource for young people to improve mental health literacy, opening conversation (perfectionism, loneliness, competitiveness, social media and independence).
  - Web: [whatsupwitheveryone.com/](http://whatsupwitheveryone.com/)
- **Five Ways to Wellbeing:**
  - A daily framework (Connect, Be Active, Take Notice, Keep Learning, Give).
  - Web: [mind.org.uk/5-ways-to-wellbeing](http://mind.org.uk/5-ways-to-wellbeing)
- **NHS Tayside Self-Help Booklets:**
  - Downloadable booklets covering various conditions (E.g. Anxiety, Anger, Sleep)
  - Web: [nhstayside.scot.nhs.uk/healthyminds](http://nhstayside.scot.nhs.uk/healthyminds)
- **Daylight:**
  - An NHS-approved digital program for managing worry and anxiety. Available free to all Scottish residents (18+) via mobile and web.
  - Web: [trydaylight.com/nhs](http://trydaylight.com/nhs)

## Emergency

- **Emergency Services:** Call: 999
- **NHS 24:** Call: 111
- **Police Non-Emergency:** Call 101
- **Angus Council Out of Hours (OOH):**
  - For urgent social work or child protection concerns outside of office hours.
  - Call: 01382 307964 (Evenings, Weekends, and Public Holidays).
  - Web: [angus.gov.uk/childprotection](http://angus.gov.uk/childprotection)
  - *If you believe a child is in immediate danger please call 999*
- **Childline:**
  - Comfort and advice specifically for children and young people.
  - Call: 0800 1111 (Free, 24/7) | [childline.org.uk](http://childline.org.uk)