

Scottish Muscle Network Psychological Services Information

Information on mental health support available to people affected by nerve and muscle conditions

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Psychological Services

It is not possible to separate our mental health from our physical health as both are one and the same but many of us do not give adequate attention to our mental health needs. If we are feeling low, our pain and fatigue issues are more prevalent and when we are feeling physically unwell, this will impact how we think and feel.

Research is showing us that not looking after our mental health in the same way as we would look after our physical health, can lead to anxiety, mood swings, feelings of hopelessness and despair. These feelings impact strongly on our coping abilities and can increase our feelings of fatigue, making us less active which can then impact on our physical health.

The Scottish Muscle Network has put together some resources that may help you on the journey to improve your mental wellbeing. It is important to discuss how you feel with your Doctor, Care Adviser or Healthcare Professional as it may be that in some cases, more specialist referrals to mental health services might be required or considering some form of medication could help.

The resources below will help direct you to look at a variety of different approaches but each approach might not suit everyone. You will need to try and see what suits you, your lifestyle and your current needs to tailor your programme to develop a healthy mental wellbeing practice.

Disclaimer

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Apps

There are also a number of excellent apps available to help learn the benefits of mindfulness and meditation which allow you to try for free to see if you like them first such as:

- Headspace
- Calm
- Leafyard

Websites

- [Mental health | NHS inform](#) - Looks at the causes, management and treatment of a variety mental health issues.
- [Home \(lifelink.org.uk\)](http://lifelink.org.uk) - Focusses on counselling services. Patients can self-refer
- [Charity | TalkTime Scotland | Edinburgh](#)
- The Samaritans are available 24 hours per day, 365 days a year. They can be contacted free from any phone on 116 123. You can also email jo@samaritans.org
Papyrus supports people under 35 who have thoughts of suicide. You can call their HOPELINEUK on 0800 068 4141, text 07860 039967 or email pat@papyrus-uk.org They're open every day from 9am to midnight.
- [Information about SAMH | SAMH](#) (Scottish Association for Mental Health)
- Message [SHOUT](#) to 85258 for 24/7 text support on your mobile
- [Together, let's care for your mental health | NHS inform](#)
- [MDUK Muscles Matter 2021: psychological support seminar - YouTube](#)
- [COSCA - Counselling and Psychotherapy in Scotland](#)
- [British Association for Counselling and Psychotherapy \(bacp.co.uk\)](http://bacp.co.uk)
- Silvercloud [Login - SilverCloud \(silvercloudhealth.com\)](#) is an online Cognitive Behavioural Therapy (CBT) addressing mental health, chronic health and wellbeing.
- Clear your Head: Help and Support: [Help & support | www.clearyourhead.scot](http://www.clearyourhead.scot)

Information for carers

Caring for someone can be very rewarding but there is no doubt it can use a lot of physical and emotional energy. It's all too easy forget about your own mental and physical wellbeing when supporting someone else's needs on a daily basis.

<https://www.vocal.org.uk/carer-support/care-for-yourself/>

Information for Children and Families

Children's Health Scotland offers an online self-management programme (SMS:CONNECT) for children and young people living with health conditions, particularly those living with long-term health-conditions.

<https://www.childrenshealthscotland.org/service/smsconnect/>

Books

For those of you who may wish to increase your knowledge on improving mental wellbeing there are two very good books by Dr. Rangan Chatterjee:

The Stress Solution

Happy Mind, Happy Life

A final thought... There are lots of things we can do to take control of our mental health and for some who really don't know where to begin, it can be as simple discussing our feelings with a friend or colleague or joining a peer support group such as Muscle Matters. We should not underestimate the power of friendship and connection and there is a growing body of evidence and research that supports this.

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If you require an alternative format please contact:

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[Contact Scotland \(contactscotland-bsl.org\)](http://ContactScotland(contactscotland-bsl.org))

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