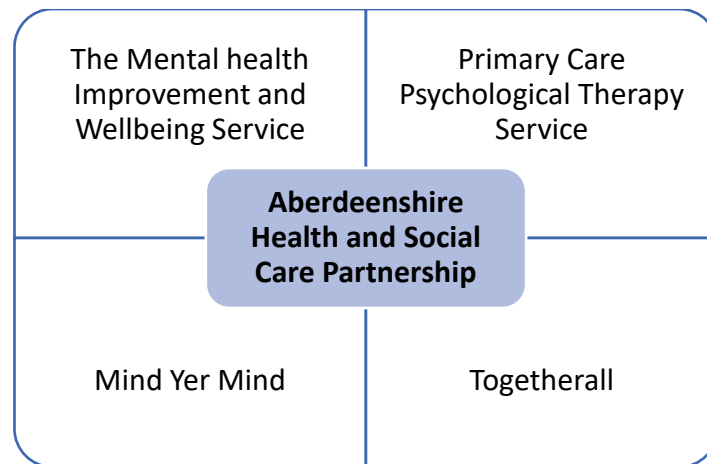


Mental Health and Wellbeing Strategy

Aberdeenshire Health and Social Partnership are developing a new Mental Health and Wellbeing Strategy and want to hear from people living in our communities about what is important to them.

The Partnership deliver, with support from other organisations, the Mental Health and Wellbeing services and supports detailed below. All the services below are either fully or partially commissioned or funded by Aberdeenshire Health and Social Care Partnership or Aberdeenshire Council.



Mental Health Improvement & Wellbeing Service

The Mental Health Improvement and Wellbeing Service covers the whole of Aberdeenshire and will accept referrals for all mental health and wellbeing issues.

This can include:

- up to 6 weeks of dedicated 1 to 1 support from one of our team
- help and support for a range of issues
- coping strategies and help with managing symptoms
- support to improve your mood and wellbeing
- help and support with work stress
- help and support with relationship or family issues
- links to community activities
- help with money worries

The only specific requirements are that referrals are for adults 16+ that they are well enough to engage with support from the service and are not open to secondary care already and that the client is both aware and consenting to the referral being made.

Primary Care Psychological Therapy Service

Aberdeenshire Primary Care Psychological Therapies Service provides locally based support to help treat and manage common mental health difficulties, such as anxiety or depression, using evidence based Cognitive Behavioural Therapy (CBT).

Appointments are undertaken either in person or online and referrals can be made via GP or self-referral. The service provides a range of support including low intensity input using CBT based interventions and high intensity one to one specialist support over a longer period.

Mind Yer Mind

Mind Yer Mind is a campaign by Aberdeenshire Community Planning Partnership. The website provides users with advice on how to look after their own mental health and wellbeing and information on local resources including a downloadable toolkit.

Togetherall

Is an online mental health support service for people struggling with common life stressors. The Togetherall community is anonymous, offering peer support and therapeutic resources.

Children and Young People

Kooth is a free online counselling service for young people aged 10 -18 and provides access to support for emotional health and wellbeing needs, self-help tools and articles as well as moderated forums.

Mental Health and Wellbeing Apps

Prevent Suicide App	Sleepio App	Daylight App
The Prevent Suicide App provides information for those affected by suicide, contact details for services in Aberdeenshire and allows people to create their own safety plan.	Sleepio is an online sleep improvement programme, creating a personalised 6-week programme using cognitive behavioural techniques.	Daylight is a digital programme that helps people to understand where anxiety comes from, what makes it worse and how to reduce it.

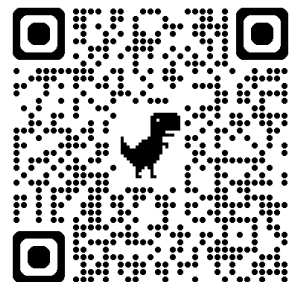
Your Views

Your feedback will help inform and shape our mental health and wellbeing priorities moving forward.

We want to know: -

- how can we all **promote** mental health
- **prevent** mental health issues occurring or escalating
- what you think of the services and supports **provided** currently within Aberdeenshire.

You can provide feedback in two ways, face-to-face and via an online survey. The online survey will be available until 31st October 2024 and can be accessed using the QR code. A paper copy can also be provided upon request.



More information can be found on the Engage Aberdeenshire website – <https://engage.aberdeenshire.gov.uk/mental-health-delivery-plan>

To get in touch with a member of the team please email - mentalhealthstrategy@aberdeenshire.gov.uk