

# Mental Health and Wellbeing Service and Supports

## **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.

## **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. It is a safe space with therapeutic resources and online peer support. The service is free to use and is available 24/7, all year round. During registration, select 'My area is registered' and enter your postcode. You will then be asked to create a completely anonymous user account.



**Togetherall Web Address:**

<https://togetherall.com/en-gb/>