

RESOURCES FOR PROMOTING SAMH AND MENTAL HEALTH

About SAMH

SAMH is Scotland's mental health charity. Around since 1923, SAMH currently operates over 60 services in communities across Scotland providing mental health social care support, addictions and employment services, among others.

These services together with national programme work in See Me, respectme, suicide prevention, physical activity and sport; inform SAMH's policy and campaign work to influence positive social change.

SAMH Information Service:

Got a question about mental health? We can help. The SAMH Information Service provides information and support on mental health. Whether you're seeking support, are looking for more information for you or someone you love, or just want to have chat about mental health, we're here. Our team are available Mon-Fri, 9am - 6pm (except on Bank Holidays) on 0344 800 0550 or info@samh.org.uk.

Please note, the Info Service is not a crisis or listening service. If you need to help urgently, there are a number of organisations like Samaritans, Breathing Space and Shout! that can help. Please seek out support via samh.org.uk/seekingsupport. Calls charged at local rates, charges from mobile telephones vary considerably.

About mental health

We all have mental health. Whether you're living with a mental health problem or supporting someone who is, accessing information about a condition is vital.

[Find out more here.](#)

Coronavirus mental health information

We've created a dedicated online information hub, providing for advice and information on protecting your mental health during these difficult times.

[Find out more here.](#)

 **[Blog | Coronavirus and your mental wellbeing](#)**

 **[Blog | OCD and anxiety during coronavirus](#)**

 **[Blog | Coronavirus advice for parents and carers from Dr Elaine Lockhart](#)**