



for Scotland's mental health

UNDERSTANDING TALKING THERAPY AND COUNSELLING

TALKING THERAPY AND COUNSELLING

This resource explains what talking therapies are, what happens during therapy, how to get the most from therapy and how to find a therapist.

If you require this information in Word document format for compatibility with screen readers, please email:

info@samh.org.uk.



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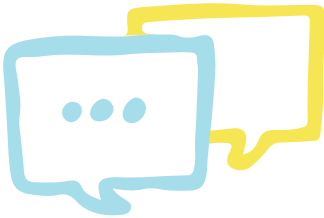
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ABOUT TALKING THERAPIES

What are talking therapies?

Talking therapies are treatments, which involve talking to a trained professional about your thoughts, feelings and behaviour. There are many different types of talking therapy but they all aim to:

- give you a safe time and place to talk to someone who won't judge you
- help you make sense of things and understand yourself better
- help you resolve complicated feelings, or find ways to live with them
- help you recognise unhelpful patterns in the way you think or act, and find ways to change them (if you want to)



Is there a difference between 'therapy' and 'counselling'?

Throughout this information, we've chosen to use the term 'talking therapy'. But you might also hear people talk about:

- counselling
- therapy
- psychotherapy
- psychological therapy
- talking therapy

Usually there's very little difference between what's meant by these terms – they all broadly refer to talking therapy (as opposed to other types of treatment, such as drug therapy). But sometimes they might indicate differences in who your therapist is or refer to a specific type of talking therapy.

"Sometimes it's hard to talk to family and friends and you just need that one person who takes the time to listen."



What can therapy help with?

Therapy can help you manage and cope with:

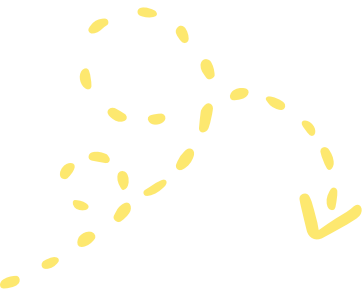
- **Difficult life events**, such as bereavement (losing someone close to you), or losing your job
- **Relationship problems**
- **Upsetting or traumatic experiences**, whether it's something recent or something that happened a long time ago
- **Difficult emotions**, such as grief, guilt, sadness, confusion, anger and low self-esteem.
- **Depression and anxiety**
- **Other mental health problems.** Talking therapies can help with a range of diagnoses, and specific talking therapies have been developed for some mental health problems.
- **Long-term physical health problems**

Some people think that therapy is an extreme option, and that unless things get really bad you should try to manage on your own. But this isn't true. **It's ok to try therapy at any point in your life, or at any point when you're struggling with an issue.**

In fact getting support from a therapist when you're not at crisis point can be really helpful – it might feel easier to reflect on what's going on, and could help you keep things from getting worse.

"For me, counselling was a lifesaver. I never used to talk to anyone. For years, I would keep things bottled up and then cry hysterically on my own as to not inconvenience anyone. I would hide it so I wouldn't have to confront my thoughts and fears."





Could therapy work for me?

Talking therapies have been shown to work well for many people. Some types of therapy are recommended by the [Scottish Intercollegiate Network \(SIGN\)](#), as evidence-based treatments for particular mental health problems (such as cognitive behavioural therapy (CBT) for depression and anxiety, and dialectical behaviour therapy (DBT) for borderline personality disorder.

However, it's difficult to say whether a particular therapy will work well for you or not because it depends on lots of factors, including:

- what you want help with
- your relationship with your therapist
- your feelings about therapy generally



The importance of your relationship with your therapist

Research has shown the relationship you have with your therapist is really important in how successful you find any talking therapy. Regardless of the type of therapy they practice, if you don't like or trust that person you're less likely to feel able to open up to them, and are less likely to have a positive experience.

Therapy can work well on its own, or it can be something you try alongside other treatments, including exercise or medication. Therapy isn't a quick fix, so it might take some time to see whether it's helping you or not, as it may not be right for everyone. Similarly, if you've tried therapy for a while and it hasn't helped, **it's important not to blame yourself.**

"You're the only person who knows which treatments work for your mental health – counselling doesn't work for everyone, neither does mindfulness or medication."



“You’re the only person who knows which treatments work for your mental health – counselling doesn’t work for everyone, neither does mindfulness or medication.”



WHAT DIFFERENT THERAPIES ARE THERE?

Talking therapies can differ in:

- their focus (for example, learning more about yourself by talking about your past, or working on overcoming a specific problem you have now)
- the techniques the therapist might use during sessions
- the academic theory behind them

Therapists use all sorts of complicated words to describe their particular style of therapy, which can be confusing. This table explains some common terms you might come across:

Term used	What it means about the therapy
Arts or creative	Uses creative processes such as painting, drawing, drama and music as a way to help explore and communicate difficult or confusing feelings – such as in arts and creative therapies.
Behavioural	Explores the way you act.
Cognitive	Explores your thoughts and the way you think – such as in cognitive behavioural therapy (CBT).
Dialectical	Explores opposite positions and looks at how they might exist together – such as in dialectical behavioural therapy (DBT).

**Humanistic**

Focuses on the individual as a whole, including mind, body, spirit and soul.

Mindfulness-based

Involves becoming aware of all your current thoughts and feelings and accepting them. Often involves mindfulness techniques, such as meditation and breathing exercises.

Person-centred

Focuses on using your own strengths and insight about yourself to encourage personal growth and improve relationships.

**Psychoanalytic
(or analytic)**

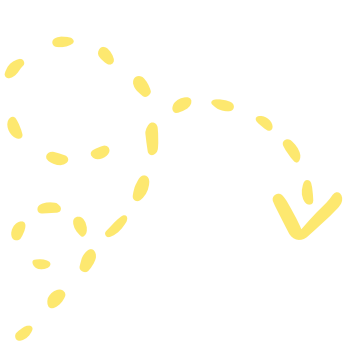
Focuses on unconscious, deep-rooted thoughts that often stem from childhood.

**Psychodynamic
(or dynamic)**

Explores how your unconscious thoughts might affect the way you act.

Solution-focused

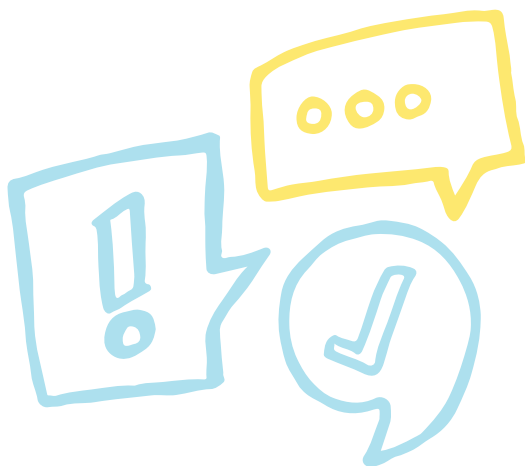
Focuses on what you want to achieve in the future rather than exploring past experiences.



Many therapists are trained in several different styles and will tailor their approach for you. In this case they might also use words like **'eclectic'**, **'blended'** or **'integrative'** when they describe how they work.

The British Association for Counselling and Psychotherapy (BACP) website has an extensive [A-Z of therapeutic approaches](#). This list covers many types of therapy by name, and explains the different beliefs and approaches behind each one.

However, it's important to be aware that **not all therapies are available everywhere**. Sometimes it can feel like you don't have much choice, as it may largely depend on what's available locally. It might help most to learn what's available to you personally, and think about how to get the most from therapy, in any situation.





“Don’t be disheartened if the first talking therapy you try doesn’t help. It took me three attempts to find the right therapy for my anxiety and six to find the right one for my post-traumatic stress disorder (PTSD) – the right treatment is out there.”



WHAT IS THERAPY LIKE?

It's common to feel worried or unsure about what to expect from therapy. This section explains what to expect.

Who might my therapist be?

Your therapist might describe themselves in various ways, such as:

- a counsellor
- a wellbeing practitioner
- a therapist (or psychotherapist)
- a psychologist (or clinical psychologist)
- a psychiatrist

All of these titles should mean that the person you see is trained in delivering therapy, although they will differ in their educational backgrounds and levels of training.

Whatever their title and level of training, it matters that the person delivering your therapy is someone you feel comfortable talking to.

See the [British Association for Counselling and Psychotherapy \(BACP\) factsheet on choosing a counsellor or psychotherapist](#) for more information on the differences between different types of therapist.

Checking your therapist's credentials

It's good practice for any therapist to be a registered member of one of the professional bodies listed in the [useful contacts section of this resource](#).

This means they have signed up to meet certain standards of practice.

Ask your therapist about their professional qualifications, training and membership body. You can usually double check this through the membership body's website.

"My first session was bit of a blur – I had no clue what to say. I think I mainly just cried and apologised! But it got easier over time when I realised that my counsellor wasn't going to laugh at me or tell me to go away."





What will happen the first time I see a therapist?

Some therapists might call your first session an 'assessment', a 'taster session', a 'consultation' or an 'intake session', but these generally involve the same thing. In this session, you and your therapist might discuss:

- the type of therapy they practise
- how long the therapy will last, what the sessions will be like and what you want to get out of the therapy
- their confidentiality policy, privacy policy, or how they will protect your personal information
- what to do if one of you needs to cancel a session or you miss a session
- if there is any cost involved (this usually applies to private therapy)
- any concerns or worries you have about the therapy

If you're unsure about any of these, it's ok to ask your therapist questions at any time before, during or after your sessions. For more information on what to expect in your first session, see the [BACP factsheet on what happens in your first session with your therapist](#).

What might sessions be like after that?

How sessions are structured can vary depending on the type of therapy you're getting and the type of problem you want help with.

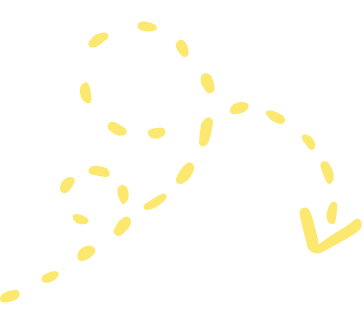
Therapy can be:

- **time-limited**, meaning your therapy will come to an end after a set number of sessions. Most therapists through the NHS offer time-limited sessions
- **open-ended**, meaning it can continue for as long as you need it. This is something that is more commonly offered by private therapists

Sessions can be delivered:

- **individually**, with just you and your therapist
- **in a group** with others who are having the same therapy
- **with your partner or family members**
- **in a combination** of individual and group sessions.

One-to-one **sessions typically last between 50 minutes and an hour**, but group sessions can sometimes be longer. **It's common for sessions to be held once a week**, but you might also agree to see your therapist more or less often than this.



Sessions may take place:

- in an appropriate meeting room owned or rented by your therapist (or by the organisation providing the therapy, such as the NHS, a charity or place of education)
- over the phone or online using internet calling software
- at your therapist's office, or home if you're having private therapy

What you might cover in therapy sessions also varies. For example, your therapist may go through specific exercises with you, or you might have a more general discussion about how you're feeling. They may ask you questions about:

- your current and past relationships
- your childhood and past experiences
- situations or events you find difficult
- how you feel
- how you behave
- what you think about things
- issues that have come up in previous sessions

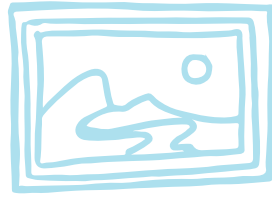
However, it's important to remember that you don't have to talk about anything you're not ready to talk about, or do anything you don't want to do.

Will everything I tell my therapist be confidential?

In most cases, your therapy sessions will remain confidential. Confidentiality is an important part of building trust with your therapist. However, there are some exceptions to this, which allow the therapist to work responsibly.

Situations where your therapist may need to share information.

- **Supervision** – therapists always discuss clients regularly with a supervisor (another experienced therapist) who also has to maintain confidentiality. It's seen as unethical for a therapist to work without supervision because:
 - it helps your therapist look after their own mental health, so they're better able to support you
 - it means someone else is aware of how your therapist is treating you, to make sure it's appropriate
- **Safety** – if your therapist is concerned that you're at serious risk of harming yourself or someone else, they may need to inform your GP, a healthcare professional or someone else. They should tell you first if they're going to do this.



- **Organisational confidentiality** – if for example, your therapist is part of a GP practice, confidentiality may apply to the practice as a whole rather than to the individual therapist. This may mean that information is available to your GP. Your therapist should tell you if this is the case.

How will I feel after a therapy session?

It's common to feel a range of emotions after a session. For example, you might come out of your session feeling:

- **relieved**, if you've shared something important and felt heard and understood
- **energised**, if you've started to understand something new about yourself or set yourself a new goal to work on
- **exhausted**, if you've found the session challenging or hard work
- **frustrated**, if you didn't get what you wanted out of your session or haven't felt heard or understood
- **upset or overwhelmed**, if the session has brought up very painful or difficult memories or feelings

Sometimes therapy sessions can bring up feelings that are difficult to cope with, and you might feel nervous about going back, or like you want to quit. If you feel like this it can help to:

- Start your next session by telling your therapist how you felt after your last session, and give them a chance to reflect with you and offer support. You might find it helpful to write down some notes
- Talk about how you feel with a listening service [like Breathing Space \(see Useful Contacts section of this resource\)](#) or someone you trust, such as friends or family
- Plan to do something you enjoy immediately after each session as a little treat, or to help you relax

If you feel unsafe after a session

If therapy is bringing up feelings that you can't cope with and you feel like you're in crisis after a session, contact NHS 24 on 111 **and seek urgent help.**

Some therapists might be able to offer emergency support outside sessions, but many can't. You should ask them about this during a session, and make sure you know what their boundaries are before calling them in a crisis.

HOW CAN I GET THE MOST FROM THERAPY?

Supporting someone else

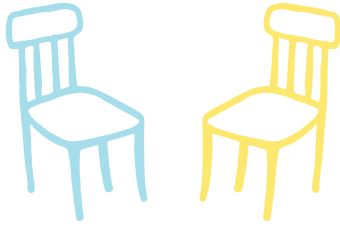
If someone you care about is going through a hard time, our information for carers on how to cope when supporting someone else and helping someone else seek help give suggestions on what you can do, and where you can go for support.

How can I make any therapy I'm offered suit me better?

Getting the most out of therapy can sometimes feel difficult, especially if you're offered a type of therapy that isn't exactly right for you, or worry that you've not been offered enough sessions to make a difference. There are positive steps you can take to get the most out of any therapy you're offered:

- **Make sure talking therapy is the right choice for you just now.** It could help to ask yourself beforehand:
 - Am I ready to explore my feelings and behaviour?
 - Do I feel able to open up about things that are very personal or hard to talk about?
 - Is there anything else I need to get help with first?
- **Decide what you want to achieve from therapy.** It can help to set some small goals which you feel are achievable. Discuss this with your therapist so you can both aim to reach a shared goal





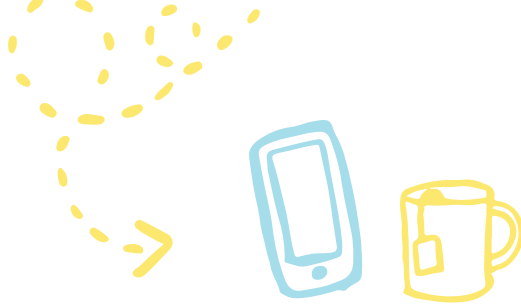
- **Understand the type of therapy you're getting.** Ask your therapist how they think this kind of therapy can help you, and what to expect from it. If they use terms you don't understand, ask them to explain
- **Talk about what's most important to you.** Therapy sessions are your time, and you shouldn't feel pressured to talk about something you don't feel is important
- **Tell your therapist what's working and what isn't.** They might be able to change the sessions so that they suit you better
- **Make the room feel more comfortable and safe.** For example, you could ask to change where you sit, or adjust the lighting or the temperature of the room so you feel more relaxed
- **Take something in with you to help you ground yourself,** such as a treasured item or something you can fiddle with
- **Have someone you trust nearby, if you want.** It could help you relax if you know someone will be there to meet you when the session is finished

Dealing with therapy coming to an end

It's common to have a mixture of thoughts and emotions about finishing therapy. It's likely to depend on the experience you've had and the relationship you've formed with your therapist. There's no one particular way you're supposed to feel.

If you're worried about how you'll cope, tell your therapist how you're feeling. They might be able to help you plan things you can do after your therapy has ended to help yourself, think of alternatives to try and work out your next steps.

"Therapy can be frustrating at times, but as long as you are ready to look at your problems honestly it can be a really useful space to talk about what's bothering you."



What can I do if my therapy isn't helping?

Therapeutic relationships can be challenging. It can take time to build trust and feel comfortable with a therapist, and it's common to have times when you feel frustrated or upset after a session.

However, sometimes you might find that, even after trying it for a while, you're really not happy with how it's going. In this case you may want to consider:

- talking to your therapist about any problems you're having with them
- asking your therapist whether they can offer you a different type of therapy
- asking your GP or the NHS service if there is another therapist you can work with
- finding another therapist, especially if you are accessing therapy privately
- ending your therapy, or seeking alternatives to try instead

How do I complain about therapy?

If you have a serious concern about any treatment you've received, **you can complain.**

Your therapist should tell you their complaints process if you ask them for it. If that doesn't feel possible you could ask your therapist what professional body they're registered with, then make your complaint through that body (all professional bodies should have a complaints procedure you can follow). For example, Counselling & Psychotherapy in Scotland (COSCA), which is a main professional body in Scotland for Counsellors and Psychotherapists, has a section on [how to make a complaint](#).

If you're unsure how you feel and want another opinion before making a complaint, these services can help:

- [COSCA \(Counselling & Psychotherapy in Scotland\)](#) provides information and guidance on professional ethics and practice standards for therapists
- [The British Association for Counselling and Psychotherapy \(BACP\)](#) has a service called [Ask Kathleen](#) where you can ask questions about any concerns you have about good and bad practice in therapy

HOW CAN I FIND A THERAPIST?

This section explains how to find:

- NHS therapists
- Charity and third sector therapists
- Therapists at your place of work or education
- Private therapists

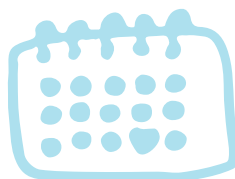
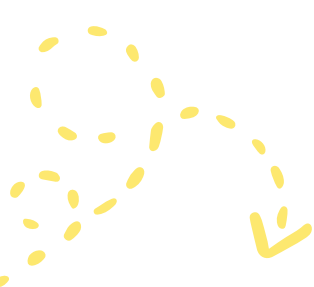


Things to ask when arranging an appointment with a therapist

You may want to ask your therapist (or the person referring you for therapy) about:

- their background and qualifications
- the type of therapy they practise
- if they have a specialism (for example, some therapists specialise in working with particular issues or groups such as younger people, LGBTQ+ people, or survivors of abuse and violence)
- their experience of working with the problem you're experiencing
- whether there is a waiting list and how long it will take you to get an appointment
- how long the therapy will last and what it will be like
- the benefits and risks involved
- what happens if you cancel or miss a session
- their confidentiality policy
- if you have a disability and need reasonable adjustments to make the sessions easier for you to attend

It's also important to **mention any special requirements or preferences** you have. For example, if you'd feel most comfortable seeing a therapist of a particular gender, or who speaks your first language, or has a particular specialism.



"For me it took a couple of tries before I found the right therapist that I felt comfortable with."

NHS therapists

Any therapy provided through the NHS should be **free of charge**. The common routes to access talking therapies through the NHS are:

- **Your GP.** Your GP might refer you to a suitable service after speaking to you – that service will then get in touch with you. See our page on [talking to your GP](#) for guidance on discussing your mental health with them
- **Self-referral.** Some areas run services which you can contact directly to refer yourself for a talking therapy. Your GP might give you the number of a service you can call, or you might find one through contacting the [NHS Inform helpline](#). You can also self-refer to some [SAMH services](#). Please see the [Useful Contacts](#) section for more information

"I'd definitely tell anyone who was accessing talking therapies for the first time to be patient and don't give up! The NHS can be difficult to navigate but it's worth it in the end."

What if there are long waiting lists?

Unfortunately it's very common to have to spend time on a waiting list before getting therapy through the NHS. While you're on a waiting list it might help to:

- Ask your doctor to give you a contact number to ring to check how long you have to wait
- Explore any alternatives to therapy which might help in the meantime

"It's been a total rollercoaster for me – I've tried many different therapies, often not realising what was going on as the NHS wasn't clear at explaining things to me. I've found bits that worked, bits that didn't work, and bits that might've worked if I'd realised I could change therapists. Now I'm working with a therapist who I really trust and, with her support, my life has dramatically improved."



“I’d definitely tell anyone who was accessing talking therapies for the first time to be patient and don’t give up! The NHS can be difficult to navigate but it’s worth it in the end.”



Charity and third sector therapists

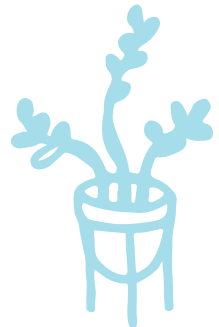
Some organisations may offer free or low-cost talking therapies. For example:

- Breathing Space provide [Living Life](#), a free telephone talking therapy service: you can refer yourself to this, without seeing your GP
- [Health in Mind](#) offers a free telephone based Trauma Counselling service in parts of Scotland
- [Cruse Bereavement Care Scotland](#) may offer free counselling services if you have experienced the death of someone close to you
- [Rape Crisis Scotland](#) offers counselling to survivors of sexual abuse and sometimes to their families

Some charities also provide telephone listening and emotional support services. These are not the same as counselling or therapy, but can be helpful if you need to talk to someone in between sessions.

Therapists at your place of work or education

- **If you're a student** – many colleges and universities have a free counselling service. You can usually access this without going through your academic tutors or GP. (See our information on [coping with student life](#) for more information
- **If you're an employee** – your workplace might offer an Employee Assistance Programme which might provide a limited number of free therapy sessions. You can usually access this without going through your Manager, HR department or GP. See our information on [Be Mentally Healthy at Work](#) for more information





Private therapists

There are many reasons you might consider going private, although it's not an option for everyone because **it can be expensive**. If you decide to explore private therapy, it's a good idea to look for a therapist using the online search function of a reliable website which only lists therapists who are **registered with a professional body**. For example:

- [Counselling & Psychotherapy in Scotland \(COSCA\)](#) - for all kinds of counsellors and therapists
- the [British Association for Counselling and Psychotherapy \(BACP\)](#) – for all kinds of counsellors and therapists
- the [British Association for Behavioural & Cognitive Psychotherapies \(BABCP\)](#) – for cognitive behavioural therapy (CBT) practitioners
- the [UK Council for Psychotherapy \(UKCP\)](#) – for psychotherapists
- [LGBT Health & Wellbeing](#) - for therapists with LGBTQ+ experience

Before committing to paying for therapy it may be helpful to ask:

- How much do they charge per session?
- Do they offer a free introductory session to allow you to decide whether you can work together?
- Do they offer reduced rates for people on low incomes?
- Do they charge for missed appointments (and if yes, how much notice do you need to give them to avoid being charged)?

Online or digital therapy

You may find websites offering low cost therapy online. This can be helpful if you're uncomfortable talking to someone in person, or if you have difficulty leaving the house or using transport.

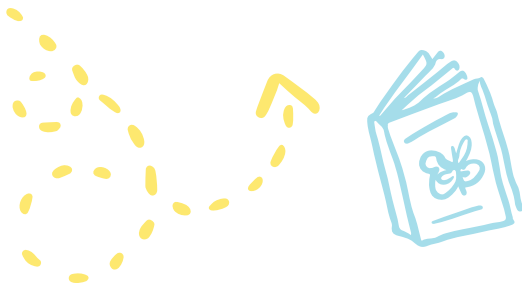
But some of these sites might not use professional therapists, so it's important to ask enough questions to trust in the person you're talking to.

WHAT ALTERNATIVES ARE THERE?

Although many people find therapy helpful, it's not for everyone. If therapy isn't right for you just now, or you're currently on a waiting list, or you just want more options to explore, you could try:

- **Self-help guides.** There are a range of self-help books, work books and online courses available. Some good examples are resources provided by [NHS Inform](#) or [Wellbeing Glasgow](#)
- **Peer support.** This brings people together who've shared similar experiences and can empathise with what you're going through
- **Ecotherapy.** This is the general name for a wide range of programmes which focus on incorporating nature into therapeutic activities, such as gardening, being outdoors or working with animals
- **Complementary and alternative therapies.** These include options such as yoga, massage, meditation and herbal remedies. See our information on [self-help and wellbeing](#) for more information
- **Medication.** There are various medications your doctor might offer to prescribe you which can help reduce the symptoms of different mental health problems. You might sometimes be offered medication alongside therapy

Our publication on understanding mental health problems also covers different options that might be available to you. You can also find more in our [Useful Contacts section](#).





Therapy, medication or both?

In some situations your doctor might offer you either therapy or medication alone, or often both together. This might be because:

- **Medication could help you get more benefit from therapy**, as it can ease your symptoms so you're better able to explore your thoughts and feelings
- **Medication is often something you could try right away**, whereas you might have to be on a waiting list for a while before you can get therapy through the NHS
- [The Scottish Intercollegiate Guidelines Network \(SIGN\)](#) might recommend a **particular treatment path** for your diagnosis, which includes medication

Whatever you're offered, it's important to remember that:

- **What you find works best will be personal to you.** Different medications and therapies work differently for different people. You might have to try a few things to work out what helps you most – and you might find that different combinations suit you better at different times in your life
- **It's your choice** what treatment you want to try, and you usually have the right to refuse medication or therapy if you don't want them



USEFUL CONTACTS





SAMH INFORMATION SERVICE

@ samh.org.uk/info

📞 0344 8000 550

💻 info@samh.org.uk

Whether you are looking for more information, have questions or are seeking support, SAMH can help. The SAMH Information Service provides information and signposting for pathways to better mental health and wellbeing over the phone, through emails and through a range of online information.

The SAMH Information Service is open from 9am to 6pm, Monday to Friday, except on Bank Holidays.



LISTENING AND CRISIS SERVICES

Who else could help?

This section contains details of organisations or support services which you may find useful.

SAMH does not endorse any particular support service, including those listed on this page. This is not an exhaustive list. You may be able to find other services near you.

Breathing Space

 breathingspace.scot

 0800 83 85 87

Offers a free, confidential phone and web-based service for people in Scotland experiencing low mood, depression or anxiety.

Samaritans

 samaritans.org

 116 123 (Freephone)

24-hour emotional support for anyone struggling to cope.

Shout

 giveusashout.org

 Text: 85258

Shout is volunteer-run and is the UK's first 24/7 crises text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

GENERAL SERVICES

Alcohol Focus Scotland

 alcohol-focus-scotland.org.uk

 0141 572 6700

Provides a search facility that helps you look for a local service offering counselling for people with alcohol problems.

British Association for Counselling and Psychotherapy (BACP)

 bacp.co.uk

 01455 883 300

Information and details of accredited counsellors and psychotherapists.

BACP: Ask Kathleen

 bacp.co.uk/about-therapy/ask-kathleen

A BACP service, which provides confidential guidance and information on what to do if you have any concerns about your therapy or your therapist.

BABCP: The Online CBT Register

 cbtregisteruk.com

Provided by the British Association for Behavioural and Cognitive Psychotherapies (BABCP), the Online CBT Registers allows you to search for a CBT therapist.

British Association of Play Therapists (BAPT)

 bapt.info

 01932 828638

Provides information and details of accredited play therapists.

COSCA (Counselling & Psychotherapy in Scotland)

 cosca.org.uk

 01786 475140

COSCA is Scotland's professional body for counselling and psychotherapy that provides a directory of accredited practitioners.

Cruse Bereavement Care Scotland

 crusescotland.org.uk/support

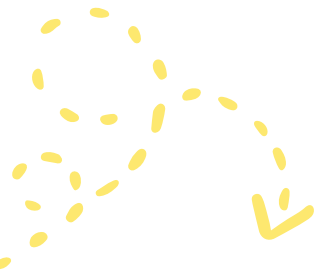
 0808 808 1677

Counselling and support for anyone affected by a death of someone close to you.

Glasgow Wellbeing

 wellbeing-glasgow.org.uk

Offers a range of free online workbooks that use a Cognitive Behavioural Therapy (CBT) approach to help you better understand thoughts, feelings and behaviour.



Health in Mind

 health-in-mind.org.uk

 08088 02 04 06

Provides a range of services supporting positive mental health and wellbeing. This includes telephone-based trauma counselling service and 1-1 talking therapies in some areas of Scotland.

LGBT Scotland Scotland

 gbthealth.org.uk

0300 123 2523

Provides support and counselling services to members of the LGBTQ+ community.

Living Life to the Full

 l1ttf.com

Offers free online courses covering low mood, stress and resilience.

NHS Inform Service Finder

 nhsinform.scot/scotlands-service-directory

 0131 632 4720

A search facility, which allows you to look for a health service in your area.

Rape Crisis Scotland

 rapecrisisscotland.org.uk

 08088 01 03 02

Information and support for anyone affected by rape and sexual violence. Counselling is offered in many of their local centres.

Scottish Drug Services Directory

 scottishdrugservices.com

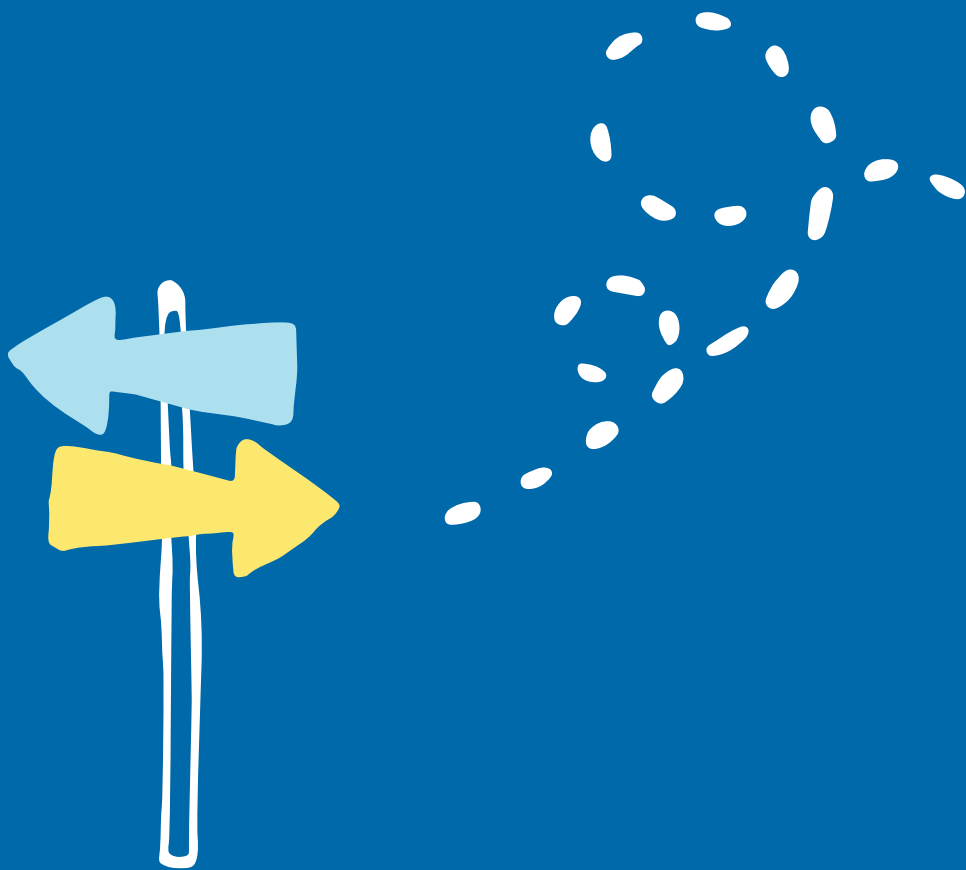
Provides a way to search for a local support service offering counselling for people with drug problems.

Scottish Intercollegiate Guidelines Network (SIGN)

 sign.ac.uk

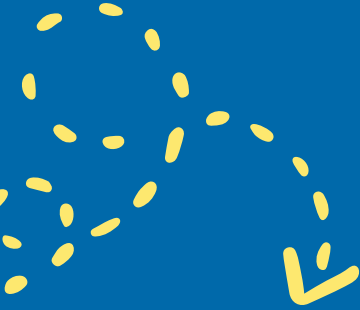
 0131 632 4720

Provides evidence based clinical practice guidelines for the NHS in Scotland, which could shape the combinations of medicine you, are prescribed.





for Scotland's mental health




SAMH is Scotland's mental health charity and is dedicated to mental health and wellbeing for all. We are here to provide help, information and support to people affected by mental health problems.

samh.org.uk

 **[@samhtweets](https://twitter.com/samhtweets)**

 **facebook.com/SAMHmentalhealth**

 **[@samhscotland](https://www.instagram.com/samhscotland)**

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