

The Gamekeepers' Welfare Trust, The Scottish Land and Estates are members of the National Rural Mental Health Forum – Dedicated to ensuring people in rural Scotland lead mentally healthy lives (ruralwellbeing.org) which has a wealth of information and support including the following:

Emergency Support Ambulance, Police, Fire

If you are looking for immediate support, assistance or advice for yourself or someone else you can contact the following:

Open: 24/7

Phone: 999 (or 112, which works from mobiles in all countries)

Samaritans

Provides confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

Open: 24/7

Phone: 116 123 (free to phone)

Text: 07725 90 90 90

Breathing Space

For those feeling worried or down, experienced advisors listen and offer information and advice.

Open: Mon-Thurs 6pm-2am, 24hrs on weekends (6pm Fri- 6am Mon)

Phone: 0800 838 587

(free to phone, # won't show up on telephone bills)

NHS 24

Provides urgent health advice out of hours, when your GP Practice or Dentist is closed.

Phone: 111

Non-Emergency Services

Call when you want to contact your local police when it's less urgent than a 999 call.

Phone: 101

NHS Living Life

Free phone service for those aged 16+ experiencing anxiety, low mood and mild to moderate depression. Offers guided self-help and cognitive behavioural therapy.

Phone: 0800 328 9655

Mental Health Support

Support in Mind Scotland

Provides a range of mental health support, resources and services to individuals, family members, carers and other supporters.

Phone: 0300 3231545

Email: info@supportinmindscotland.org.uk

Gamekeepers Welfare Trust

Being there for gamekeepers, stalkers, ghillies and their dependents, past present and future.

Phone: Jamies helpline 0300 1233088

Email: help@thegamekeeperswelfaretrust.com

RSABI

Supports people from Scottish agriculture emotionally, practically and financially in times of need. The service is available to those previously and currently involved in farming and crofting. We listen, keep people safe and access professional support when required. Also offers a call out service for the lonely and vulnerable.

Open: Daily from 7am to 11pm

Phone: 0300 111 4166

Ewen's Room

A confidential telephone helpline and a text-based support service for people who need to talk.

Open: Mon-Fri 5pm-10pm, Sat and Sun 12pm-10pm

Phone: 01967 750855

Text: 07537 431637

Mikeysline

A text service supporting the people of the Highlands in their times of need. Mikeysline is for all ages.

Open: Mon-Thurs 6pm-10pm, Fri-Sun 7pm-7am

Trauma Counselling Line Scotland

Offers confidential telephone counselling to any adult who experienced abuse as a child. This can include sexual, emotional, physical, psychological, spiritual abuse or neglect.

Open: Mondays to Wednesdays 5pm – 8pm and Thursday and Friday 9am – 2pm. You can also leave a message at all other times.

Phone: 08088 020406 (free to call)

National Domestic Violence Helpline

A national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

Open : 24 hours a day, 7 days a week

Phone: 0808 2000 247 (freephone)

LGBT+ Wellbeing Helpline

Provides information and emotional support to lesbian, gay, bisexual and transgender people and their families, friends and supporters across Scotland. Also support those questioning or wanting to discuss their sexuality or gender identity.

Open: Tues & Wed, 12 noon – 9pm

Phone: 0300 123 2523

Know the Score Drugs Helpline

For free, confidential drugs information and advice.

Open: 8am-11pm 7-days a week

Phone: 0800 587 587

Citizen's Advice Scotland

Provides support and advice on a number of issues.

Phone: 0808 800 9060



LOOKING AFTER MENTAL HEALTH IN SCOTLAND

For Gamekeepers and Their Families



Mental ill health

Is just like a physical condition except you can't see it. Sometimes it can be short term, sometimes we need a bit of time and extra support and sometimes medical intervention. We can be up and down and usual things which come to challenge us can cause a dip. Don't be afraid to ask for help. We all need support sometimes.

Looking after ourselves

Whether you are having a tough time which is affecting your mental health, or you are caring or concerned for someone else, looking after yourself is very important. So what does this look like? Sounds easy doesn't it but taking small steps and one thing at a time can make a real difference to your overall wellbeing and ability to cope.

1. Sleeping well - routines at bedtime help, read a book, switch off devices, a hot drink – whatever works but to relax prior to sleep will help you to rest and recuperate ready for the next day.
2. Eating healthy – and watch your alcohol consumption that it does not creep up especially when you are on your own.
3. Time out – out of work and with family or friends and on a regular basis if you can and take out a few minutes for just being you.
4. Physically active – rural jobs are usually physically challenging but long hours on a tractor or caring for young families can restrict your time to walk/run/exercise. So take a few minutes for yourself if you are able.
5. Connections – learn something new, an interest outside normal work if you can; something different and conversations with people who are not directly involved in your work can be refreshing and stimulating.

Recognising Mental ill-Health

Some early signs of poor mental health might be:

- Poor concentration
- Worrying more
- Feeling less interested in day-to-day activities
- Low mood
- Feeling overwhelmed by things
- Tearfulness

- Tiredness and lack of energy
- Sleeping more or less
- Talking less and avoiding social activities
- Talking more or talking very fast, jumping between topics and ideas
- Finding it difficult to control emotions
- Drinking more
- Irritability and short temper

What can you do to help your loved ones and yourself

- Listen to your own feelings but if you are supporting someone really listen to them. If they say they are fine, ask again “how are you really”
- Say what you see. Express your concern if you are worried about someone – It shows you care and are prepared to help.
- Act normally – do the usual things, reassure and listen when required but don't over react
- Be patient - It takes time to work out that mental health and well being is as important as physical health and take each day as it comes. It takes time to recover.
- Don't force it – either to talk or take action – everyone is different and getting help is important but at the right time. it might be that listening or talking it through is all it takes or is the first step for a recovery plan.
- Offer practical help whether it's doing the dogs, the shopping or whatever works. Or don't be afraid to ask for a bit of a hand if you are struggling yourself.

Counselling can be sourced and provided free.

www.thegamekeeperswelfaretrust.com

Jamie's Helpline: 0300 1233088

Office: 01677 470180



Are you or someone you know suicidal?

- Talk openly about suicide and don't avoid the issue
- Listen to their feelings
- Express your own feelings
- Ask for help
- Do not be judgmental
- Alternatives are available, talk about those
- Do not promise confidentiality, you may need to call for urgent help
- Remove any means the person has to complete or attempt suicide
- Get assistance

Call the Samaritans 116 123

Breathing Space 0800 838 587

999 if in an emergency

What to do in a crisis

- DO bring the person to a calm environment
- DON'T give complex instructions
- DO explain what you are doing and why
- DO speak calmly to avoid excitement
- DON'T make sudden moves
- DO remember that people may recall what has happened when they are well, even though they appear to be out of touch with reality at the time of the incident
- DON'T try and talk a person out of their feelings – they are very real to them
- DO stay with the person and listen (if safe for you)
- DON'T assume that some things a person says or reports are unreal, they may be true (e.g. reporting an incident)

