

Useful Addresses – Mental Health

Breathing Space

www.breathingspace.scot

Choose Life

www.chooselife.net

Health in Mind

www.health-in-mind.org.uk

LinkLiving

www.linkliving.org.uk

Mental Health Advocacy Project (MHAP)

www.mhapwl.org

Mental Health Foundation

www.mentalhealth.org.uk

Mental Welfare Commission for Scotland

www.mwcscot.org.uk

Penumbra

www.penumbra.org.uk

factsheets: <http://www.penumbra.org.uk/mental-health-and-wellbeing/factsheets/>

The Richmond Fellowship Scotland

www.trfs.org.uk

The Royal College of Psychiatrists

<http://www.rcpsych.ac.uk/mentalhealthinfoforall.aspx>

SAD (Seasonal Affective Disorder)

<http://www.nlm.nih.gov/medlineplus/seasonalaffectedisorder.html>

Saheliya

www.saheliya.co.uk

Scottish Association for Mental Health

www.samh.org.uk

See Me

www.seemescotland.org/

Support in Mind Scotland

www.supportinmindscotland.org.uk

Turning Point Scotland

www.turningpointscotland.com