

Supported Self-Care Planning

Look after yourself, every day

A new Free Service from ACUMEN with support from The Listening Service at The Lade Centre and Support in Mind Scotland for anyone Living in Argyll & Bute.

Contact us

☎ 01546 607210 or ✉ sscp@acumennetwork.org

Website: <https://sscp.ramh.org/>



It's ok not to be ok!

Most people struggle with their mental health at some point during their lives.

Sometimes people can work their way through mental health challenges by talking with others and writing a self-care plan for mental and emotional wellbeing.

Answering five questions in **ACUMEN's self-care plan** template could help you create your plan to stay ok when times are tough and your mental health is suffering.

If you live in Argyll & Bute and you think a mental health and wellbeing plan written by you (with a bit of help if you need it), for you, could help then phone us on **01546 607210** or email sscp@acumennetwork.org and we'll contact you for an initial chat.

ACUMEN's Supported Self Care Planning Project is funded by Argyll & Bute Health & Social Care Partnership's Living Well Grant 2020-2021. **So, it's a free service for you.**

support
in mind
scotland
action for people affected by mental illness

Funded by

A&B | Transforming
HSCPI | Together
Argyll & Bute Health & Social Care Partnership



Supported by



The Lade Centre

RAMH
recovery across mental health

What happens next?

We think everyone should have a self-care plan for wellbeing.

Phone 01546 607210

or email: sscp@acumennetwork.org

We'll get in touch within a week for a chat and agree appointments with you for up to three phone sessions to help you complete your own self-care plan.

There are just five questions in **ACUMEN's self-care plan** template. Check out the tutorials and written guidance on our website at <https://sscp.ramh.org/>

Nobody knows you like you do. We'll give you time to talk to help you work out what keeps you well. Plus we'll talk about how other people and services could help you too. If you're struggling to connect with support in your community, we can help you find out what's available.

Plus, our service partner, The Listening Service at the Lade Centre, can provide a limited number of sessions with a qualified counsellor if you're struggling to complete your self-care plan.

Self-care planning is about empowering you to look after yourself when your mental health is under pressure. Let's get started.

Need help now?

Our Self Care Planning service is not a crisis service so if you feel you need to speak with someone now, please call:

The Samaritans helpline is 116 123 and is open 24 hours, 7 days a week. Calls can be made anytime, from any phone. All calls are confidential.

The Breathing Space helpline is open Weekdays: Monday-Thursday 6pm to 2am and Weekends: Friday 6pm-Monday 6am - All calls are confidential - **0800 83 85 87**

If your **GP is not available**, you can call **NHS 24 by dialling 111**

You can also call **the police, your emergency social work team** or **emergency community mental health team**.

The RAMH helpline is 0141 847 8900. Website: www.ramh.org

