

'Hope Point, Dundee Wellbeing Support'

0800 9550008

24/7 anyone who needs immediate mental health support.
adults experiencing mental health difficulties throughout the area.

4 South Ward Road, Dundee

Call: **0800 9550008**

Text: 01382 604123

call up and either receive support over the phone or, if necessary, get themselves into the centre physically.

run by Penumbra

The Service provides flexible, person-centred and recovery-focused support. Individuals are offered one to one support, POWWOWS (Penumbra Workshops on Wellbeing) and Peer Support.

The primary aim of the service is to promote social inclusion through community integration and involvement.

Penumbra Nova

individuals living in Dundee - short application form, completed by statutory or voluntary support services. We also accept self-referrals.

dundee.nova@penumbra.org.uk or call 01382 223487 Mo-Fr 9-5

9 Tay Square, Dundee DD1 1PB

There may be a charge for accessing the Nova service, this is means tested. Support provided can include to 1:1 or group work. Group work is not means tested and therefore is not chargeable. Support may include (but not limited to) exploring self-management tools, accessing activities, voluntary work and/or paid work, travelling confidence or challenging anxieties. Group work being offered currently is mixed between focused wellbeing workshops that look at a specific topic from a huge range; such as anxiety, sleep, self-care, etc. and a drop in Conversation Cafe. Up to date information on the wellbeing workshops on offer can be found on our Facebook Page.

Penumbra Carers

individuals living in Dundee - short application form, completed by statutory or voluntary support services. We also accept self-referrals.

dundee.carers@penumbra.org.uk or call 01382 223487 Mo-Fr 9-5

9 Tay Square, Dundee DD1 1PB

Free service providing support for individuals caring for someone. Staff are able to provide practical and emotional support that is focused on important areas to the individual. Offering 1:1, group or phone support (or a mix of these).

Penumbra Self-Harm

self-referrals as well as third party referrals.

selfharm.dundee@penumbra.org.uk or call 01382 223487 Mo-Fr 9-5

9 Tay Square, Dundee DD1 1PB

available to individuals 16 years old and over living anywhere in Scotland due to remote support being offered - to be reviewed

Free service providing sensitive and non-judgmental Peer Support, 1:1 support or group workshops/activities which are informed by supported people accessing the service. Flexible support of up to 15 support sessions, exploring self-harm as a coping strategy and other areas important; such as self-esteem, confidence, wellbeing and mental health. Identifying and planning next steps.

self-care using online resources such as

NHS Inform

<https://www.nhsinform.scot/healthy-living/mental-wellbeing/>

or

Mood Juice

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health>

Dundee Counselling

First Floor 4 Panmure Street, Dundee, DD1 2BW

Phone: 01382 224884 or text on 07592 728305

<https://dundeecounselling.com/nhs-scotland/>

Insight Counselling

www.insightcanhelp.co.uk

for those in Dundee and Angus to explore troubling past or present issues and options for the future

Charis Counselling <http://www.charisfoundation.co.uk>

232 High Street Leslie Fife

telephone: 01592 744632 | email: enquiries@charisfoundation.co.uk

<http://www.charisfoundation.co.uk/contact-us/>

Bridgehead Healing (formerly Healing Rooms Kirkcaldy) Drop-ins are **Fridays 1- 2.30pm weekly** at Kirkcaldy venue at **St Bryce Kirk Centre**, and also **monthly** (first Wed. of the month) in our venue at **Rosyth Baptist Church**, 7-8.30pm. Also continuing to offer Deeper Healing **monthly by appointment** in Erskine Church, Burntisland (usually last Thursday of the month 7.30pm). Diane, Andy and volunteers serve to reach our area of Fife with God's love and healing power.

[Bridgehead Healing - Home](#) | [Facebook](#)

PEACESEEKERS CENTER - THE FARMHOUSE, DRUMMAIRD, BONNYBANK, KENNOWAY FIFE. KY8 5NS Peacesekers is a Christian Enterprise Improving Wellbeing for Individuals, Families and Communities www.peacesekers.co.uk Tel: 01333 352 187

Counselling Directory provides information to help people find a qualified counsellor or psychotherapist in their local area.

<https://www.counselling-directory.org.uk>