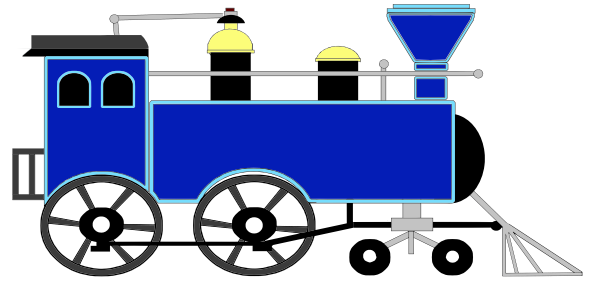


All Aboard!

Platform 2 (2nd Edition September 2023)



In this issue:

- The team: who we are and what we do
- Information about Thrive and how we differ
- Organisation in the Limelight: Health in Mind

- Mental Health Condition: Complex Trauma, Personality Disorder and Self-Harm
- Focus on the Community: Community Garden Projects
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Welcome to the second edition of the Mental Health Information Station newsletter. We are managed by NHS and aim to provide information in a drop-in venue easily accessible. We individualise to any person, relative or carer aiming to help improve and maintain good mental health and stability. Anyone aged 16 or over can drop in between 10.30am and 3pm every Thursday. We are based in Edinburgh city centre at **Walpole Hall, St Mary's Episcopal Cathedral, Palmerston Place, Haymarket EH3 7EN.**

We also provide a telephone call-back and emailing service on Thursdays.

Email Mentalhealthinformation@nhslothian.scot.nhs.uk

You can find us on:

Facebook <https://www.facebook.com/MentalHealthInformationStation/>

and access a wealth of online resources on our NHS Lothian web page:

<https://services.nhslothian.scot/mentalhealthinformationstation/mental-health-information-resources/>

We keep informal information about our visitors, enquirers and main advice given. We don't take names unless there is a legal need in cases of risk. We follow NHS data protection and confidentiality guidelines.

We are not a clinical service but have NHS mental health clinicians available to talk to. We can be as non-intrusive as is needed with a fantastic range of leaflets to browse.

New Edinburgh Mental Health Service Development: The Thrive Welcome Team Open access dropin

'Thrive Welcome Teams' are a new way of delivering some of the mental health services in Edinburgh. It is a collaboration of NHS and 3rd sector (voluntary) organisations with community psychiatric nurses, peer workers, occupational therapists, social workers and support workers.

You can read more about Thrive here: <https://www.edinburghthrive.com/what-we-do/act-early>

This has increased the diversity of short-term mental health support available in Edinburgh. Thrive Welcome Teams can provide 1:1 brief intervention for citizens. The aim is to provide a holistic approach, needs-driven rather than purely medical or psychological-model interventions. Thrive can be accessed through GP referral but more areas are opening this to drop-in access. Check with your GP or GP's website to see if it is available for your practice.

Thrive Drop-in V MHIS Drop-in - What is the difference?

There is no need to worry about 'getting it wrong' when it comes to deciding which drop-in serves you best as they are both open to all. Both services are aware of the other and work to complement each other. We have listed below the features of the Mental Health Information Station that may help you to decide:

- Central Edinburgh venue - Walpole Hall, in the grounds of St Mary's Cathedral, situated at the West End;
- Any adult over 16;
- Whether seeing a mental health professional or not (majority are not, nor on a waiting list);
- No clinical or personal details are taken unless there are 'Duty of Care' concerns;
- We endeavour to address all your needs in one visit; however we do offer follow ups if needed;
- A high quality, well-researched, evidence-based, and up to date resource bank with leaflets to take away;
- Guaranteed conversation with a qualified NHS professional;
- Access to a team of professionals with varied specialties/ knowledge;
- Signposting to services;
- Help for carers, support professionals and relatives;
- General information and explanation about mental health conditions and therapies;
- We provide a phone conversation for those who prefer;
- Email follow-up (but we cannot have an ongoing conversation by email).

Keep up to date with developments by reading the newsletters:

<https://www.edinburghthrive.com/what-we-do/newsletters>

Organisation in the Limelight

Health in Mind

Health in Mind are a highly respected mental health charity who run in-person and online mental health related services. Here are a few:

- **Support in general from groups and individually:**
<https://www.health-in-mind.org.uk/how-we-can-help/support/>
- **Trauma support counselling:** Counselling for Survivors of Sexual Abuse for over-18s who have experienced sexual abuse in childhood. Also counselling is available for men who have experienced domestic or sexual abuse in adulthood.
- **Peer Support** from individuals with 'lived experience' of mental health challenges. Here is the link for the latest peer initiatives <https://ithriveedinburgh.org.uk/peer-community/drop-in-peer-support/>
- The **Anxiety and Depression Support Group** has been available weekly for a number of years now, based in central Edinburgh. Alternative weeks on Monday and Tuesday evenings. Book in advance because of numbers. Venues are:
 - Mondays Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL and
 - Tuesdays at Nicholson Square Events (formally known as Edinburgh Methodist Church) 25 Nicolson Square, Edinburgh, EH8 9BX.

Check the web page for updates and information about online groups too! <https://shorturl.at/cfuK6>

The **Listening Space** is a peer-led service in 2 venues in Edinburgh where your mental health concerns can be heard: Gilmerton and Leith.

Equal Access project provides input for minority ethnic people. For information about where they are holding their Mental Health and Wellbeing Toolkit course, click on this link <https://shorturl.at/CHJL6>

There are online meetings for **ethnic minority women** <https://shorturl.at/FKR68>

Also offered is an Historic Adoption Trauma Support Service for people who've adversely experienced adoption practices in Scotland.

Support for Carers comes in the form of courses in wellbeing, boundaries and mindfulness. <https://www.health-in-mind.org.uk/news/edinburgh-support-for-carers/>

Volunteering is also possible with various roles <https://www.health-in-mind.org.uk/support-our-work/volunteering/>

Counselling is provided for deaf people and people in southeast Edinburgh. <https://www.health-in-mind.org.uk/news/lothian-deaf-counselling-service/>
<https://ithriveedinburgh.org.uk/free-and-low-cost-counselling-in-edinburgh/>

Their general website gives a summary of what they are about: Quote: We'll walk alongside you as you build your confidence, connections and relationships.

Ithrive Edinburgh covers Edinburgh area <https://ithriveedinburgh.org.uk/>. There are websites for each of the surrounding areas and they also have a Facebook page. <https://www.facebook.com/healthinmindscotland>

Focus on the Community

'Connect Here' Directory

We have special links to this diverse and up to date directory from Edinburgh Health and Social Care Partnership via our own information officer Philip. Recently the chapters have been made into useful booklets which are available printed out to our visitors. Examples are the classic booklets such as **Counselling** or **Crises** services but now there's a number of new ones such as **Food Pantries** or **Film and Photography Groups**. It's definitely worth a look and adding it to your favourite pages:

<https://www.edinburghhsc.scot/connecthere/>

Last newsletter, we featured the Guide to Arts and Creative Activities. This time we will look at the Guide to Community Gardens. Here's a few examples from it:

- **Broomhouse Growers** are part of the 'edible estates' Edinburgh-wide project growing fruit and vegetables. <http://www.edibleestates.co.uk/project/broomhouse-growers/>
- **Donkeyfield Orchard** is in Portobello and has planted 90 fruit trees. <https://www.pedal-party.org.uk/food/orchard/>
- **Fresh Start Growing Spaces** serve to help people set up home in North Edinburgh. <https://www.freshstartweb.org.uk/what-we-do/growing-spaces>
- **Pishwanton Community Woodland** combines nature and spirituality and is in Gifford EH41 <https://lifesciencecentre.co/volunteer>
- **Royal Edinburgh Community Gardens** are part of the Cyrenians Community Hospital Gardens <https://cyrenians.scot/how-we-help/127-community-hospital-gardens>

Staying on the Rails: Information Feature about Mental Health Conditions

Complex Post Traumatic Stress Disorder, Personality Disorder and Self-harm

Describing someone as having 'complex PTSD (CPTSD)' is a relatively recent way to categorise a person's mental health challenges, as services are becoming more 'trauma-informed'. Anxiety, tension and emotional ups and downs sometimes experienced by those with CPTSD can often overlap with other diagnostic categories such as personality disorders. Some people who have suffered complex trauma can attract both diagnoses or others such as paranoid conditions or substance misuse diagnoses.

A one-off trauma such as a car accident is called 'simple trauma', while repeated traumatic events, such as regular abuse of any sort, like bullying, experiencing family conflict, war, neglect or in fact, any time people are exposed to threat over and over. We adapt to such situations with behaviours that try to minimise the feelings from the threat even after the threat is gone. Our reptilian brain which deals with survival can be switched on as default. We can be overly 'on guard', so have a sensitivity to anything that vaguely looks like the past threats we endured. We can experience flashbacks and nightmares of the traumatic events also.

We often get into difficulties with people or can self-harm. We can use 'self-defeating behaviour', acting on our emotions, to get a 'quick fix' that results in us inadvertently making things worse for ourselves in the longer term.

Here is a description of CPTSD from the **MIND website** with links to pages on borderline personality disorder (BPD) <https://shorturl.at/mqwzG>

Psychology Today Magazine has a good article comparing CPTSD and BPD
<https://shorturl.at/tyAOW>

NHS Inform website tells us about the symptoms and treatments available on the NHS with access to a self-help guide. For people who have these challenges though, it is best to seek help, even if it is from peer support who have understanding of the challenges. <https://shorturl.at/ijAUZ>

We at MHIS have created an information sheet to help people live with personality disorder or CPTSD.
<https://shorturl.at/hnFL4>

Because of the complexity of the issues faced there is a complexity of solutions required. Often those with lived experience with the symptoms are a great resource. As mentioned in the feature on Health in Mind, peer support can be a literal life-saver. Some of the ways to get peer help locally are mentioned in that previous feature. Here are some more:

- **Andy's Man Club** has provided a chance for men to get together and talk in a group. They are trauma-informed so have an understanding of people's struggle. This started small in 2016 but is now national, in various towns, all meeting at 7pm on a Monday. In Edinburgh its in North Merchiston Club in Watson Crescent. Web address <https://andysmanclub.co.uk/who-we-are/>
- Specific Organisations like **Women's Aid** and **Edinburgh Rape Crisis** for people who have suffered abuse. Information to be found in our crisis guide which can be found on: <https://www.edinburghhsc.scot/connecthere>
- Advocacy services do so much more and can provide much-needed focus on issues relating to mental health. The **CAPS, 'More than Just a Label'** project is focused on personality disorder and this page has more excellent education on the issues. <https://capsadvocacy.org/collective-advocacy/experiences-of-personality-disorder/>

Other possibilities for help are varied and many but here are a few:

- Support for **forces veterans**: <https://www.veteransfirstpoint.org.uk/drop-center/lothian>
- **Volunteering** is a great way for positive focus and developing confidence. Apart from volunteering in some of the previously mentioned projects, Volunteer Edinburgh has a supportive 'health and wellbeing' team that can help all to help others, including people with trauma histories. <https://www.volunteeredinburgh.org.uk/volunteer/health-and-wellbeing/>
- **Mental Health Apps**. From a self-help point of view, we have mentioned educating ourselves with the NHS Inform material, but its also worth using an app or two to help handle the strong emotions. Calm Harm is useful for helping people deal with cravings to use self-defeating behaviours, Stay Alive helps to prevent acting on suicidal thoughts, DBT Coach uses a variety of skills used in DBT which is an evidence-based toolbox of skills. (DBT stands for Dialectical Behaviour Therapy)
- **Decider Skills** are CBT (Cognitive Behavioural Therapy) based techniques for handling emotional pain. Within Edinburgh, the **Thrive Welcome Teams** (see above) offer Decider Skills training and there also is an app and website. <https://www.thedecider.org.uk/>
- **NHS individual therapy** is available from Thrive Welcome Teams in the short-term and for deeper trauma work, there is access to psychological services. This would involve referral by GP and an assessment after being accepted by the psychology department or the Rivers Trauma Service. Waiting times are often longer for the psychologists. Psychiatrists and Community Mental Health Team professionals are available to some if risks are high and/or medication needs to be monitored.
- **Suicide Prevention** is of course an aim of many of the services we have mentioned, but here is our own page in the Edinburgh Health and Social Care site which can take you to personal stories and crisis services, including 'Lyrics for Life' <https://www.edinburghhsc.scot/reachout/>
- Other suicide prevention and local crisis organisations: **Edinburgh Crisis Centre** and **Living Warriors** are two examples. <https://edinburghcrisiscentre.org.uk/>
<https://ithriveedinburgh.org.uk/services/living-warriors-project/>

Mental Health Drop-ins and Health Projects are vital '3rd sector' organisations to help people live with ongoing health challenges. In Edinburgh there are a few:

- **Change Mental Health** (formerly the Stafford Centre) https://changemh.org/support_areas/edinburgh/
- **Grassmarket Community Project** <https://grassmarket.org/member/>
- **Health All Round** offers help for those in Central Southwest Edinburgh: <http://www.healthallround.org.uk/headsup.html>
- **Pilton Community health project** serves the North of Edinburgh: <https://www.facebook.com/PiltonCommunityHealthProject/>
- **The Health Agency** serves the Wester Hailes and surrounds. <https://thehealthagency.org.uk/>
- **The Edinburgh Self-harm Project** is run by **Penumbra**. <https://shorturl.at/loxG3>
- Self-directed support: For people who need ongoing funded care and support, here's a couple of links: <https://www.gov.scot/publications/self-directed-support-support-choice-guide-social-care/>
<https://www.edinburghhsc.scot/livingindependently/payingforyourcare/sds/>

Late Train

No one is a burden! If you are in a mental health crisis and need immediate support, you can call your GP or, if they are closed, call NHS 24 on 111.

Edinburgh Crisis Centre T: 0808 801 0414 - Helpline open: 24 hours a day, 7 days a week

E: crisis@edinburghcrisiscentre.org.uk W: www.edinburghcrisiscentre.org.uk/

National Helplines:

Papyrus – Prevention of Young Suicide T: 0800 068 4141 Open: 9am – midnight every day of the year (Weekends and Bank Holidays included) W: www.papyrus-uk.org

Samaritans Scotland T: 116 123 - Helpline open: 24 hours a day

E: jo@samaritans.org W: www.samaritans.org

Breathing Space Phone line T: 0800 838 587 - Helpline open: Mon to Thurs: 6pm to 2am; Fri 6pm-Mon 6am
W: <https://www.breathingspace.scot/>

CALM (Campaign against living miserably) web: <https://www.thecalmzone.net/>

Helpline: evenings 5-12 midnight 0800 585858

Last Stop this Issue

Keep in touch! Visit and subscribe to us on Facebook:

<https://www.facebook.com/MentalHealthInformationStation>

And keep an eye on our NHS Lothian resources page:

<https://weare.nhslothian.scot/mentalhealthinformationstation/mental-health-information-resources/>