

WELLBEING ADVICE



Citizens Advice Bureau

Claiming Universal Credit for the first time? Worried about the practical issues of rent and food and bills? All these things have an impact on your health. CAB can help, advisors are happy to discuss any issues you may have and can help you set up your Universal Credit Account.

CAB also offer a financial health check which can help you make savings and increase your income.

Befriending service

Do you know someone who is lonely or socially isolated? There are a number of terrific organisations locally who could help. Their websites are available below.

[Befriend a child](#)

[Linking lives](#)

[Age UK](#)

[Connection coalition - simply WhatsApp 'Hi' to 07902 922 908 if you're feeling lonely for support and advice.](#)



THERE ARE MANY USEFUL PLACES TO GET HELP AND ADVICE.

Stress over practical matters can impact your mental and physical health. There are several places you can go for help. Did you know that [Aberdeen City Council](#) has [many community hubs](#) has lots of help and advice available during drop-in sessions throughout the week for practical matters?

This leaflet shows examples of the many different types of organisations who provide advice throughout the week, they offer advice on websites and text services or the phone. Advice on everything from mental health, physical health to coping with loneliness is available.

Wellbeing and lifestyle

During the various lockdowns, many of us have taken the opportunity to think about how we live and we may have taken steps to improve our lifestyle. The government have also advised that lifestyle improvements could help protect individuals against Coronavirus. The choice to make improvements to your lifestyle are a personal decision, however, many resources can be used to find small changes that can be made that can make a big difference. The NHS have a variety of them on their site which can be accessed with the links below.

[LIVE WELL](#)

[FOOD AND NUTRITION](#)

[KEEPING ACTIVE](#)



Mental health

The impact on mental health due to the pandemic is shown to be wide-ranging. You may have suffered from poor mental health in the past and recognise that you need additional support, or you may be wondering why you are feeling the way that you do. We have collated some resources below that can help, you should seek professional advice if your mental health continues to adversely affect your life.

[NHS 24](#) - If you need urgent care advice or mental health support and your local GP/ medical practice is closed, telephone NHS 24 on 111. Only phone 999 or go to A&E for emergencies.

[SAMARITANS](#) - Call for free on 116 123 - 24 hours a day, 365 days a year.

[CLEAR YOUR HEAD](#) - this govt site has useful advice for navigating the pandemic during winter

[BREATHING SPACE](#) - Weekdays: Monday – Thursday 6 pm - 2 am Weekend: 6 pm - Monday 6 am
Call free: 0800 83 85 87

[MIND](#) - has a terrific range of help and advice on their website. or call: 0300 123 3393

[Shout](#) - In a crisis? Anxious? Worried? Stressed? Get 24/7 help from Shout Crisis Volunteers, 365 days a year. Text free: 85258

[Connection coalition](#) - simply WhatsApp 'Hi' to 07902 922 908 if you're feeling lonely for support and advice.

Remember Key Project could help...



Our in house Key Project team can help when you are unsure of where to turn.

They can help you with your finances; benefit claims and budgeting. They can show you how to access healthcare and community resources and aid you with correspondence and mediation.

Our experienced staff know how to signpost you to other agencies who have further expertise on finance or put you in touch with debt advisors. They understand that sometimes life can be struggle but believe that worrying about your tenancy shouldn't add to it. Castlehill tenants can self refer to this service.