



Breathing Space is a free, confidential phone and web based service for people in Scotland experiencing low mood, anxiety or depression.

We are here to provide a safe and supportive space by listening, offering advice and providing information.

Open up when you're feeling down

0800 83 85 87

www.breathingspace.scot

What is Breathing Space?

Breathing Space is a free, confidential phone line, staffed by trained advisors, for anyone in Scotland experiencing low mood or depression, and for those who are unusually worried and need someone to talk to.

We are here in times of difficulty to offer a safe and supportive space by listening and offering advice and information.

It is our belief and hope that by empowering people, they have the resources to recover.



British Sign Language (BSL)

Visit www.breathingspace.scot for information on accessing Breathing Space through the contactScotland-BSL interpretation service.

contactSCOTLAND-BSL

When is the phone line available?



Available to the public:

Weekdays (Monday to Thursday)
6pm - 2am

Weekends (Open 24 hours)
Friday 6pm - Monday 6am

These are hours at which many people find that their worries seem unbearable or insurmountable and other services are likely to be unavailable.

Complaints

Should you have any reason to complain about the service you receive over the phone:

Visit: www.breathingspace.scot/feedback/

Email: info@breathingspacescotland.co.uk

Why is Breathing Space necessary?

There are serious concerns about the wellbeing of men in Scotland today.

In 2014 there were 696 suicides registered in Scotland.

Suicide remains one of the most common causes of death for men in Scotland.

For more information visit:

www.chooselife.net

