

SAMH NEW DIRECTIONS Distress Brief Intervention service

We can all feel overwhelmed with our emotions. There are times when this can lead to feelings of distress and a need to get help fast.

The Distress Brief Intervention service in SAMH DBI is here to provide short term support for anyone aged 16 years and over who received help from their GP, hospital emergency department, ambulance service or police at a time when they were in distress.

The SAMH Distress Brief Intervention service acts quickly and can provide you with short-term support lasting up to 14 days.

Here is how the SAMH Distress Brief Intervention service can help

The SAMH Distress Brief Intervention service works quickly to get you help within 24 hours.

For up to 14 days a specialist worker from the SAMH Distress Brief Intervention service can provide you with caring and compassionate one-to-one support and information.

What will happen?

The worker will listen to you and give you sensitive and non-judgmental support which is matched to your own needs.

They can help you to understand why you have been feeling this way and plan the next steps to feeling better.

The service can provide you with information and support you to contact other organisations and services that may be useful to you.


What should I do with this leaflet?

This leaflet simply provides you with information about the SAMH Distress Brief Intervention service.

Some people find it helpful to show this leaflet to other people in their lives. For example, family members, friends, employers, teachers, GPs or social workers. However, you do not need to show this leaflet to anyone.

If you'd like to know more then you can ask your SAMH Distress Brief Intervention service worker for more information.

To speak to someone urgently you can call:

 Your GP or a health or social care worker if you are in contact with one. If your surgery is closed or you need to speak to someone urgently you should contact NHS 24, who are available 24 hours a day, 365 days a year. **Tel: 111**

 Samaritans are available 24 hours a day. Samaritans provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. **Tel: 116 123**
www.samaritans.org.uk

 Breathing Space is a free and confidential phone line service for any individual, who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to. The phone line is open 24 hours at weekends (6pm Friday - 6am Monday) and from 6pm to 2am on weekdays (Monday - Thursday).
Tel: 0800 83 85 87 / www.breathingspace.scot

If you would like more information about the SAMH Distress Brief Intervention service please contact:
SAMH.DBIMoray@nhs.scot



SAMH
Distress Brief Intervention

