



Breathing Space

Media Information Pack

Open up when you're feeling down

0800 83 85 87

www.breathingspacescotland.co.uk



What is Breathing Space ?

Breathing Space is a free, confidential phonenumber aimed primarily at Scottish men who are experiencing low mood or depression, and for those who are unusually worried and in need of someone to talk to.

Breathing Space is a COSCA (Counselling and Psychotherapy in Scotland) recognised counselling skills organisation.

When is the service available?

Breathing Space is available to the public every day of the year. **24 hours at weekends** (6pm Friday – 6am Monday) and 6pm – 2am (Monday – Thursday) on **0800 83 85 87** (Minicom: 0800 31 71 60). These are hours at which many people find that their worries seem unbearable and during these hours many other services are likely to be unavailable.

Breathing Space is completely confidential and the free phone number won't show up in telephone bills. Mobile phone users should check with their network as they may be charged for the call. Callers from Virgin, Orange or 3 networks will not be charged for the call.

A British Sign Language service for the Deaf community or Hard of Hearing can be accessed from www.breathingspacescotland.co.uk.

Who runs the phonenumber?

The Breathing Space phone line is staffed by a team of trained specialist advisors who come from a range of mental health, counselling and social work backgrounds. Breathing Space Advisors listen, offer advice and give referrals to agencies that can help with more specific problems in the caller's local area. Operationally the service is managed and delivered by NHS 24 and is based at their contact centres in Clydebank, Cardonald and South Queensferry.



As one Breathing Space call advisor commented: *“The whole spectrum of life is reflected in the calls we receive. You never know what you will be dealing with when the phone rings.”*

Why is Breathing Space necessary?

Breathing Space has been established due to serious concerns about the wellbeing of young men in Scotland today and is part of the Scottish Government's Towards A Mentally Flourishing Scotland policy and action plan 2009 to 2011. Suicide remains one of the most common causes of death amongst young men in Scotland. In 2010 there were 781 suicides and undetermined deaths in Scotland. There are many men who are struggling personally and emotionally and could be helped by a service like Breathing Space.

How is the service publicised?

Breathing Space has been promoted across Scotland since 2004 via a nationwide TV, Radio, Press and online advertising campaign. Ambient media such as posters and pocketcards are also distributed to agencies and outlets across Scotland. Regular updates are communicated via our website and e-bulletin.

Further Information:

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