

Useful contacts

Be Mindful

W: bemindful.co.uk

Information on mindfulness, and details of local mindfulness courses and therapists

Breathing Space

T: 0800 83 85 87

W: breathingspace.scot

A confidential out of hours telephone line for people experiencing low mood, anxiety or depression

British Association for Counselling and Psychotherapy (BACP)

T: 01455 883 300

W: bacp.co.uk

Information about counselling and psychotherapy, and details of local therapists.

Campaign Against Living Miserably (CALM)

T: 0800 58 58 58

W: thecalmzone.net

Provides listening services, information and support for men at risk of suicide.

Carers Trust Scotland

T: 0300 772 7701

W: carersuk.org/scotland

Information and support for anyone who is a regular carer for another person.

COSCA (Counselling and Psychotherapy in Scotland)

T: 01786 475 140

W: cosca.org.uk

To find a counsellor or psychotherapist

Cruse Bereavement Care Scotland

T: 0845 600 2227

W: crusescotland.org.uk

Support for anyone affected by the death of someone close.

Disability Rights UK

W: disabilityrightsuk.org

Information and support for people living with a disability, including contact details of local disability groups.

Give Us A Shout

T: 85258 (text only)

W: giveusashout.org

24/7 crisis text line.

Hearing Voices Network

W: hearing-voices.org/area/scotland

Information and support for people who hear voices, and local support groups

Mental Welfare Commission Scotland

T: 0800 389 6809

Service users and carers line

W: mwscot.org.uk

Offers advice and guidance on mental health care and treatment

Money Advice Scotland

T: 0800 731 4722

W: moneyadvicescotland.org.uk

Offer confidential advice concerning debts

NHS Choices

W: nhs.uk

Provides information on a wide range of health and social care topics. Can help you find NHS services near you.

PAPYRUS

T: 0800 068 41 41

W: papyrus-uk.org

Runs a helpline for people under 35 who are experiencing suicidal feelings.

Samaritans

T: 116 123 (freephone)

W: samaritans.org

E: jo@samaritans.org

Freepost:

RSRB-KKBY-CYJK,

Chris,

PO Box 90 90,

Stirling,

FK8 2SA

A free 24-hour telephone helpline for anyone struggling to cope

Sane

T: 0300 304 7000

W: sane.org.uk

Support and information about mental health problems

Scottish Independent Advocacy Alliance (SIAA)

W: www.siaa.org.uk

Provides information on advocacy services across Scotland

See Me

W: seemescotland.org

National programme to tackle mental health stigma and discrimination

The Silver Line

T: 08004 708 090 (freephone)

W: thesilverline.org.uk

Provides support, information, advice and friendship to older people (over the age of 55) who feel lonely or isolated.

Survivors of Bereavement by Suicide

T: 0300 111 5065

W: uksobs.org

Provides information and support groups for adults who have lost someone to suicide.

YoungMinds

T: 0808 802 5544

(parent helpline)

W: youngminds.org.uk

Information for both parents and young people.