

## EMERGENCY AND CRISIS CONTACTS – GLASGOW

<p style="text-align: center;"><b>NHS 24</b> <b>Freephone 111</b> <b>24hrs/day</b></p> <p>Provides urgent health advice when your GP Practice or Dentist is closed.</p> <p style="text-align: center;"><a href="http://www.nhs24.com">www.nhs24.com</a></p>	<p style="text-align: center;"><b>Samaritans Glasgow</b> <b>Freephone 116 123</b> <b>24hrs/day</b></p> <p>If you need someone to talk to, we listen. We won't judge or tell you what to do.</p> <p style="text-align: center;"><a href="http://www.samaritans.org">www.samaritans.org</a></p>	<p style="text-align: center;"><b>Breathing Space</b> <b>Freephone 0800 83 85 87</b> <b>Mon to Thurs 6pm – 2am</b> <b>Fri 6pm – Mon 6am</b></p> <p>Thoughts and feelings can overwhelm us. Pick up the phone - we're here to listen</p> <p style="text-align: center;"><b>Webchat:</b> <a href="https://breathingspace.scot">https://breathingspace.scot</a></p>	<p style="text-align: center;"><b>Social Work Services</b> <b>0141 287 0555 Mon to Fri</b> <b>0300 343 1505 (out of hours)</b></p> <p>For the safety and protection of vulnerable adults, young people and children.</p> <p>Email: <a href="mailto:socialcaredirect@glasgow.gov.uk">socialcaredirect@glasgow.gov.uk</a></p>
<p style="text-align: center;"><b>Shelter Scotland</b> <b>Freephone 0808 800 4444 Mon to Fri 9am-5pm</b></p> <p>If you are homeless or at risk of becoming homeless. Out of these hours call emergency social work 0300 343 1505.</p> <p style="text-align: center;"><b>Webchat:</b> <a href="http://scotland.shelter.org.uk">http://scotland.shelter.org.uk</a></p>	<p style="text-align: center;"><b>Crisis Text Line</b> <b>Text message "SHOUT" to 85258</b> <b>24Hrs/day</b></p> <p>Free 24/7 text service for anyone in crisis anytime, anywhere. If you're struggling to cope and you need immediate help send a text.</p> <p style="text-align: center;"><a href="https://www.crisistextline.uk/">https://www.crisistextline.uk/</a></p>	<p style="text-align: center;"><b>Stay Alive App</b></p> <p>The Stay Alive app is a suicide prevention app. You can use it if you are having thoughts of suicide or if you are concerned about someone else. Free to download from app store or google play</p> <p style="text-align: center;"><a href="http://www.prevent-suicide.org.uk">www.prevent-suicide.org.uk</a></p>	<p style="text-align: center;"><b>Glasgow Drug Crisis Centre</b> <b>0141 420 6969 24hrs/day</b></p> <p>Provides 24 hour advice, information and support on substance misuse and related issues. Residential services and needle exchange also offered.</p> <p style="text-align: center;"><a href="http://www.turningpointscotland.com">www.turningpointscotland.com</a></p>
<p style="text-align: center;"><b>Victim Support Scotland</b> <b>Freephone 08001601985</b> <b>Mon to Fri 8am – 8pm</b></p> <p>Confidential support to all people affected by crime</p> <p style="text-align: center;"><b>Webchat:</b> <a href="http://www.victimsupportsco.org.uk">www.victimsupportsco.org.uk</a></p>	<p style="text-align: center;"><b>Scotland's Domestic Abuse and Forced Marriage Helpline 24hr/day</b> <b>Freephone 0800 027 1234</b></p> <p>Support anyone with issues relating to domestic abuse or forced marriage</p> <p style="text-align: center;"><a href="https://sdafmh.org.uk/">https://sdafmh.org.uk/</a></p>	<p style="text-align: center;"><b>Childline</b> <b>Freephone 0800 1111</b> <b>24hrs/day</b></p> <p>You can contact Childline about anything. Whatever your worry, we're here to support you and help everyone aged 18 or under.</p> <p style="text-align: center;"><b>Webchat:</b> <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>	<p style="text-align: center;"><b>Rape Crisis Scotland</b> <b>Freephone 08088 01 03 02 6pm -12mn</b> <b>Freephone 08088 00 00 14 11am-2pm</b></p> <p>Confidential service offering initial support and information.</p> <p style="text-align: center;"><b>Webchat:</b> <a href="http://www.glasgowclyderapeccrisis.org.uk">www.glasgowclyderapeccrisis.org.uk</a></p>

## SUPPORT SERVICES CONTACTS - GLASGOW

<p style="text-align: center;"><b>NHS Inform</b> 0800 22 44 88 Mon to Fri 8am-10pm Sat &amp; Sun 9am-5pm</p> <p>Up to date health information, self-help guides and NHS services directory</p> <p style="text-align: center;"><a href="http://www.nhsinform.scot">www.nhsinform.scot</a></p>	<p style="text-align: center;"><b>Mental Health Network</b> 0141 550 8417 Mon to Fri 9am – 5pm</p> <p>Free and impartial information about mental health and local support services</p> <p style="text-align: center;"><a href="http://www.mhngg.org.uk">www.mhngg.org.uk</a></p>	<p style="text-align: center;"><b>Lifeline</b> 0141 552 4434</p> <p>Offers support to adults and young people who are struggling to cope with everyday stress or are feeling anxious or depressed.</p> <p style="text-align: center;"><a href="http://www.lifeline.org.uk">www.lifeline.org.uk</a></p>	<p style="text-align: center;"><b>NHS Living Life</b> 0800 328 9655 Mon to Fri 1pm-9pm</p> <p>The Living Life service offers support to people in Scotland through guided self-help and cognitive behavioural therapy</p> <p style="text-align: center;"><a href="http://www.nhs24.com/usefulresources/livinglife/">www.nhs24.com/usefulresources/livinglife/</a></p>
<p style="text-align: center;"><b>Touched by Suicide</b> 01294 274273</p> <p>Helping people who have been affected by suicide</p> <p style="text-align: center;"><a href="http://www.touchedbysuicidescotland.org">www.touchedbysuicidescotland.org</a></p>	<p style="text-align: center;"><b>Petal</b> 01698 324502 Mon to Fri 9am – 4pm</p> <p>For those experiencing traumatic loss</p> <p style="text-align: center;"><a href="http://www.petalsupport.com">www.petalsupport.com</a></p>	<p style="text-align: center;"><b>Cruse Bereavement Service Scotland</b> 0845 600 2227 Mon to Fri from 10am</p> <p>Free bereavement support for anyone struggling with loss.</p> <p style="text-align: center;">Webchat: <a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a></p>	<p style="text-align: center;"><b>The Spark</b> 0808 802 0050 Mon to Fri from 9am</p> <p>Relationship support. We specialise in couple, marriage, youth and family counselling.</p> <p style="text-align: center;"><a href="http://www.thespark.org.uk">www.thespark.org.uk</a></p>
<p style="text-align: center;"><b>Addaction</b> 0808 178 5901 Mon to Fri 8am-8pm</p> <p>We support people with drugs, alcohol or mental health issues to make lasting change in their lives</p> <p style="text-align: center;">Webchat: <a href="http://www.addaction.org.uk">www.addaction.org.uk</a></p>	<p style="text-align: center;"><b>Drug and Alcohol Recovery Service</b> 0141 276 4580 Mon to Fri 8.45am-4pm</p> <p>If you need help with an alcohol or drug problem we will arrange for you to see the worker best placed to help</p> <p style="text-align: center;">Based at Possilpark Health Centre</p>	<p style="text-align: center;"><b>Scottish Families affected by Alcohol and Drugs</b> 08080 10 10 11 Mon-Fri 9am-11pm &amp; Sat-Sun 5pm-11pm</p> <p>Concerned about a loved one's drug use?</p> <p style="text-align: center;">Webchat and e-mail: <a href="http://www.sfad.org.uk">www.sfad.org.uk</a></p>	<p style="text-align: center;"><b>Gamblers Anonymous</b> 0370 050 8881 24 hrs/day</p> <p>If you are having a problem controlling your gambling or if you are affected by someone else's gambling.</p> <p style="text-align: center;"><a href="https://gascotland.org/">https://gascotland.org/</a></p>
<p style="text-align: center;"><b>British Red Cross Glasgow</b> 0141 331 4170 Mon-Fri 10am-4pm</p> <p>The British Red Cross may be able to help refugees, asylum seekers and vulnerable migrants</p> <p style="text-align: center;"><a href="http://www.redcross.org.uk">www.redcross.org.uk</a></p>	<p style="text-align: center;"><b>Womens Aid Glasgow</b> 0141 553 2022 Mon to Fri 9.30-4.30</p> <p>Supports women, children and young people who are experiencing domestic abuse</p> <p style="text-align: center;"><a href="http://www.glasgowwomensaid.org.uk">www.glasgowwomensaid.org.uk</a></p>	<p style="text-align: center;"><b>Men's Advice Line</b> Freephone 0800 801 0327 Mon – Fri 9am – 5pm</p> <p>Advice and support for men experience domestic abuse</p> <p style="text-align: center;">Webchat: <a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a></p>	<p style="text-align: center;"><b>Carers Information Line</b> 0141 353 6504</p> <p>Are you looking after someone? Up to date information, access to local services and a listening ear.</p> <p style="text-align: center;">E-mail: <a href="mailto:info@glasgowcarersinformation.org.uk">info@glasgowcarersinformation.org.uk</a></p>