

A Path to a Healthier You

Do you feel:
Isolated
Unhappy
Unwell
Need to visit GP
Everyday life affected
Unexplained symptoms



Discrimination

Mental Health
Stress, Depression

Domestic Abuse

Money Problems
Housing

Heart Disease
Weight Problems
Diabetes
Smoking

Lesbian & Gay Issues
0141 847 0447

Child Line
0800 1111
(18yrs & under)

Disability Information
www.digg.org.uk
0141 945 5036

Learn About It...

Breathing Space
0800 838 587

Domestic Abuse
24 hour helpline
0800 077 1234

Welfare Benefits,
Money & Debt Advice
www.cas.org.uk
0808 800 9060

Healthy Eating

Check services available at your local pharmacy

Stop Smoking
0800 224 488

Exercise

Have Your Say
join the
Public Partnership Forum
Integration Networks

NHS24.com
111

Do something about it...

Equalities
In Health

NHS
Greater Glasgow
and Clyde

Racism
0141 418 6530
www.crer.org.uk



Carers Information
www.carersuk.org
0808 808 7777

