

### **Cruse Bereavement Care Scotland**

Offers help, including a free counselling service, for bereaved people whatever their age, nationality or beliefs.

0845 600 2227

[www.crusescotland.org.uk](http://www.crusescotland.org.uk)

### **Parentline Scotland**

Provides information and advice to anyone concerned about a child's safety, and to anyone caring for a child in Scotland.

0800 028 2233 Mon-Fri 9am-10pm, 12-8pm Sat & Sun.

[www.children1st.org.uk](http://www.children1st.org.uk)

### **Citizens Advice**

Helps people resolve their legal, money & other problems by providing them with free information and advice.

For local offices see the listings in your local phonebook or on the website.

0808 800 9060

[www.cas.org.uk](http://www.cas.org.uk)

### **Carers Scotland**

Provides advice, information and support to carers.

0808 808 7777

[www.carersuk.org/scotland](http://www.carersuk.org/scotland)

**ScotCen**  
**Social Research**



## **Scottish Health Survey 2015**

### **Useful Contacts**

#### **Local contacts:**

A GP (General Practitioner): Your GP will be able to provide help and advice and can provide access to appropriate specialist services and local organisations.

There are also many local organisations providing a range of services including support groups, helplines and information. Details can be obtained from your GP, your local library, or they may be listed in the telephone directory.

The national organisations listed below may also be able to put you in touch with local groups:

#### **NHS 24**

Provides help and advice from a qualified nurse on a wide range of health problems and issues.

111 24 hours a day, 7 days a week

[www.nhs24.com](http://www.nhs24.com)

[www.nhsinform.co.uk](http://www.nhsinform.co.uk) (0800 22 44 88) also provides information about health and conditions in Scotland.

For more information about healthy eating or physical exercise please see the Healthier Scotland website: [www.takelifeon.co.uk](http://www.takelifeon.co.uk)

For more information about stopping smoking please see the NHS Smokefree website: [smokefree.nhs.uk](http://smokefree.nhs.uk) (0300 123 1044).

### **Alzheimer Scotland**

Provides support for people with dementia and for the people who care for them.

0808 808 3000 - free 24 hour helpline

[www.alzscot.org](http://www.alzscot.org)

### **Alcoholics Anonymous**

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from alcoholism.

0845 769 7555

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### **Narcotics Anonymous**

A fellowship of men and women for whom drugs have become a major problem. The only requirement for membership is the desire to stop using drugs.

0300 999 1212 10am - midnight

[www.ukna.org](http://www.ukna.org)

### **Victim Support line**

Provides help and information to anyone who has been affected by a crime, including domestic violence and sexual assault.

Scottish helpline 0345 603 9213 (8am-8pm Mon-Fri)

UK supportline 0845 30 30 900 (8am-8pm weekdays, 9am-7pm weekends)

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

### **Scottish Domestic Abuse Helpline**

Information service for those affected by domestic and/or sexual abuse.

[www.sdah.info/](http://www.sdah.info/)

0800 027 1234 (24 hours)

### **Domestic Abuse Helplines**

Provide access to 24-hour emergency refuge accommodation as well as an information service.

[www.refuge.org.uk](http://www.refuge.org.uk)

0808 2000 247 (free 24 hrs)

### **LGBT Helpline Scotland**

Helpline provides information and emotional support to lesbian, gay, bisexual and transgender people - or their friends or family.

0300 123 2523 – Tuesday and Wednesday 12 – 9pm

[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)

### **The Samaritans**

The Samaritans provide a confidential service for people in despair and who feel suicidal.

08457 90 90 90 - 24 hour phone line:

[www.samaritans.org](http://www.samaritans.org)

### **Breathing Space Scotland**

Breathing Space is a confidential phonenumber service for any individual, who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to.

0800 83 85 87 – (free) 6pm-2am Mon-Thurs;

6pm Friday – 6am Monday

[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

### **NHS Living Life**

Free telephone service available to anyone over the age of 16 who is suffering from low mood, mild to moderate depression and/or anxiety.

0800 328 9655 - Mon-Fri 1pm – 9pm

[www.nhs24.com/usefulresources/livinglife](http://www.nhs24.com/usefulresources/livinglife)

### **SANE**

Provides information and support to people who suffer from all forms of mental illness and their friends and families.

0845 767 8000 - 6pm-11pm every day

[www.sane.org.uk](http://www.sane.org.uk)

### **Supportline**

Confidential telephone helpline offering emotional support to any individual on any issue including child abuse, bullying, eating disorders, domestic violence, rape, mental health, depression, anxiety and addictions.

01708 765 200

[www.supportline.org.uk](http://www.supportline.org.uk)