

Helplines

Information correct as of April 30th, 2020

Samaritans – 24 hours **116 123**

Breathing Space – Mon – Thurs (6pm – 2am), Fri – Mon (6pm – 6am) **0800 83 85 87**

Shout – Crisis Text Line Text SHOUT to **85258**

Mind Call **0300 123 3393** or email **info@mind.org.uk**

Saneline **0300 304 7000**

Emergency Social Work Service – Aberdeen City Council **0800 7315 520** (out of hours only)

NHS 24 **111** (free)

Combat Stress **0800138 1619/** text **07537404719** (24/7)

Childline **0800 1111** or **0808 800 5000**

Families Outside **0500 83 93 83** (for Families affected by imprisonment, Mon – Fri 9am – 5pm)

Beating Eating Disorders **0845 634 1414**

Cruse Bereavement Care **0845 600 2227**

Survivors of Bereavement by Suicide **0844 561 6855**

Victim Support **0845 3030 900**

LGBT Helpline Scotland is open Tuesdays and Wednesdays from 12 noon to 9.00pm, the telephone number is **0300 123 2523**

Alzheimer’s Scotland 24-hour Freephone Dementia Helpline on **0808 808 3000**

Epilepsy Scotland

48 Govan Road Glasgow G51 1JL

Call:- **0141 427 4911**

helpline@epilepsyscotland.org.uk

<https://www.epilepsyscotland.org.uk/>

National Childbirth Trust

Tel: **020 8768 0123**

<https://www.nct.org.uk/>

PING – Young Parents

<https://young.scot/campaigns/national/ping>

RD4U (bereavement support) – for bereaved children

Call:- **0808 808 1677**, Scotland **0845 600 2227**

<https://www.hopeagain.org.uk/>

Rip rap website – for teens whose parent has cancer

<http://www.riprap.org.uk/>

Survivors UK – for male survivors of rape and sexual abuse

<https://www.survivorsuk.org/>

Young Minds

Crosby Road London SE1 1YW

Call:- **0808 802 5544**

<https://youngminds.org.uk/>

Young Scot – includes info about coronavirus

<https://young.scot/campaigns/national/coronavirus>

<https://young.scot/>

Scotland's 24 hour Domestic Abuse and Forced Marriage Helpline

Tel: **0800 127 1234**

Email: helpline@sdfmh.org.uk

They also have a chat option on their website: <https://sdfmh.org.uk/>

