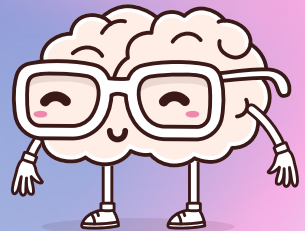
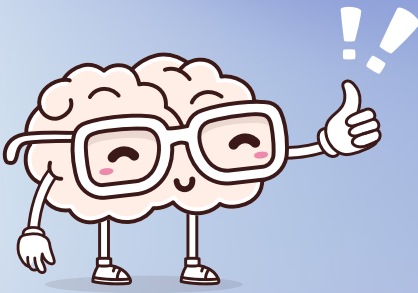







# Empowering Minds













Public Resource:  
A-Z Directory of Services providing  
support in East Dunbartonshire




















# Support








Organisation	Contact Details/Description
<b>Age Scotland</b>	<p>Information, advice and friendship, support for older people's groups, health and wellbeing programmes and more.</p> <p> <a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a></p> <p> 0800 12 44 222</p>
<b>Alcoholics Anonymous</b>	<p> <a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a></p> <p> National Helpline 0800 917 7650</p>
<b>Alcohol Counselling and Brief Intervention Service (GCA)</b>	<p>GCA offers individual, free and confidential counselling for people experiencing alcohol-related difficulties and those affected by someone else's alcohol issue. The service is provided by trained staff and volunteers either in East Dunbartonshire or in the evenings and weekends at our Head Office base in Glasgow. GCA staff host alcohol information stalls and provide alcohol brief interventions (ABIs) in community settings as well as delivering ABI skills training.</p> <p>Opening days/hours: Mon-Thurs, 9am-9pm Fri, 9am-6pm Sat, 9am-1pm</p> <p>Contact: Susan Philp, 14 North Claremont Street, Glasgow, G3 7LE.</p> <p> <a href="http://www.glasgowcouncilonalcohol.org">www.glasgowcouncilonalcohol.org</a></p> <p> 0141 353 1800</p> <p> 0808 802 9000</p> <p> <a href="mailto:support@glasgowcouncilonalcohol.org">support@glasgowcouncilonalcohol.org</a></p>







Organisation	Contact Details/Description
<b>Baby Loss Retreat</b>	<p>Baby Loss Retreat provides aftercare support to families who have been bereaved by the loss of a baby through miscarriage, stillbirth, TFMR, neonatal death and IVF complications. Aftercare support includes counselling, trauma therapy, listening music therapy for siblings affected by the loss and two days away at one of the retreats in Scotland. They also hold two support groups on the last Monday of every month</p> <p> <a href="http://www.babylossretreat.org.uk">www.babylossretreat.org.uk</a></p> <p> 07555 467805</p> <p>Office hours: Wed-Fri, 9am-5pm, phonenumber open 24hrs</p>
<b>Breathing Space</b>	<p>Calls are free. It is a free and confidential helpline for anyone experiencing low mood, anxiety or depression, or who is unusually worried and needs someone to talk to.</p> <p> <a href="http://www.breathingspace.scot">www.breathingspace.scot</a></p> <p> 0800 83 85 87</p>
<b>Brothers in Arms</b>	<p>They are not a crisis service, but provide mental health support, resources and links aimed at men's mental wellbeing. Brothers in Arms use digital technology as a way to reach out.</p> <p>The Brother-Stay Alive App is a suicide prevention resource for Scotland – full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone who may be considering suicide. In addition to the resources, the app includes a safety plan, customisable reasons for living, and a Life Box where you can store photos and memories that are important to you.</p> <p> <a href="http://www.brothersinarmsscotland.co.uk/">www.brothersinarmsscotland.co.uk/</a></p>

Organisation	Contact Details/Description
<b>Calm (Campaign Against Living Miserably)</b>	<p>Provides freephone and online chat support 5pm-midnight daily. The website has information on a range of mental health topics.</p> <p> <a href="http://www.thecalmzone.net">www.thecalmzone.net</a></p> <p> 0800 58 58 58</p>
<b>Carers Link</b>	<p>Providing support to carers within East Dunbartonshire by offering one-to-one support, information, advocacy, courses and groups.</p> <p> <a href="http://www.carerslink.org.uk">www.carerslink.org.uk</a></p> <p> 0800 975 2131</p>
<b>Ceartas</b>	<p>Providing independent advocacy on issues including communicating with social work, guardianship, accessing extra support for education or employment, and Personal Independence Payment (PIP) assessments, among many other things.</p> <p> <a href="http://www.ceartas.org.uk">www.ceartas.org.uk</a></p> <p> 0141 775 0433</p>
<b>Child Line</b>	<p>A free, private and confidential service where you can talk about anything. We're here for you online, on the phone, anytime.</p> <p>Open 24/7</p> <p> <a href="http://www.childline.org.uk">www.childline.org.uk</a></p> <p> 0800 1111</p>
<b>Combat Stress.</b>	<p>Treatment and support for those with conditions such as PTSD, anxiety and depression</p> <p>Here To Help 24/7</p> <p> <a href="https://combatstress.org.uk">https://combatstress.org.uk</a></p> <p> 0800 1381619</p> <p> TEXT: 07537 173683</p> <p> <a href="mailto:helpline@combatstress.org.uk">helpline@combatstress.org.uk</a></p>






Organisation	Contact Details/Description
<b>Creatovators</b>	<p>Running regular 'You Are Not Alone' information sessions for families supporting an autistic person in East Dunbartonshire, as well as regular playschemes.</p> <p> <a href="http://www.creatovators.com/">www.creatovators.com/</a></p> <p> <a href="mailto:info@creatovators.com">info@creatovators.com</a></p> <p> 0141 401 0560</p>
<b>CRUSE</b>	<p>Compassionate grief and bereavement support in Scotland</p> <p> <a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a></p> <p> Free Helpline: 0808 802 6161 Monday to Friday 9am - 8pm, weekends 10am - 2pm.</p>
<b>East Dunbartonshire Alcohol and Drugs Recovery Service (ADRS)</b>	<p>The service offers assessment, support and treatment for alcohol and drugs issues by offering person-centred, recovery-focused care and treatment. You may be referred to other recovery services when appropriate.</p> <p>Hours of Service: 9am to 5pm, Monday to Friday.</p> <p> <a href="http://www.eastdunbarton.gov.uk/health-and-social-care/services-adults-and-older-people/alcohol-and-drugs-recovery-service">www.eastdunbarton.gov.uk/health-and-social-care/services-adults-and-older-people/alcohol-and-drugs-recovery-service</a></p> <p> 0141 232 8211</p>
<b>East Dunbartonshire Association for Mental Health (EDAMH)</b>	<p>EDAMH is a local voluntary sector organisation and charity which offers emotional, practical and social support to people experiencing mental ill health who live in East Dunbartonshire.</p> <p>Office Hours: 9am till 5pm Mon-Fri</p> <p> <a href="https://edamh.org.uk">https://edamh.org.uk</a></p> <p> <a href="https://edamh.org.uk/suicide-prevention">https://edamh.org.uk/suicide-prevention</a></p> <p> 0141 955 3040</p>










Organisation	Contact Details/Description
<b>East Dunbartonshire Citizens Advice Bureau</b>	<p>Providing advice on a range of topics, including financial, legal and healthcare issues. East Dunbartonshire CAB also has a dedicated service to help with understanding and applying for disability benefits.</p> <p> <a href="http://www.edcab.org">www.edcab.org</a></p> <p> 0141 557 3220</p>
<b>East Dunbartonshire Recovery Café – Facilitated by East Dunbartonshire alcohol &amp; drugs peer recovery workers</b>	<p>Whether you are new to recovery or in long-term recovery, experiencing a crisis or struggling with a relapse, in a mental health transition or going through a difficult life change, the Café is a place of support and stability for all individuals seeking to break the cycle of destruction and despair.</p> <p><b>Hillhead parish church</b> Every Tuesday 12-4pm</p> <p>Lunch 12pm ORT GROUP 1pm Recovery meeting 2pm Holistic therapies 3pm</p> <p> <b>Peer recovery worker</b> Gayle wiliamson 07855196916 John dobbin 07855196758</p>
<b>EDVA (East Dunbartonshire Voluntary Action)</b>	<p>Assisting people within East Dunbartonshire to find positive volunteering opportunities and providing ongoing support throughout.</p> <p> <a href="https://edva.org">https://edva.org</a></p> <p> 0141 578 6680</p>
<b>East Dunbartonshire Womens aid</b>	<p>Women's Aid support women, children and young people who are experiencing domestic abuse.</p> <p> <a href="http://www.edwa.org.uk">www.edwa.org.uk</a></p> <p> 0141 776 0864</p>












Organisation	Contact Details/Description
<b>Family Addiction Support Service (FASS)</b>	<p>FASS is a confidential support service for parents and adult family members affected by, or concerned about, a loved one's drug or alcohol use.</p> <p>The service offers support, counselling, advice and information to parents, spouses, partners and adult family members who, due to their loved one's alcohol or drug problems, are being negatively impacted.</p> <p> <a href="http://www.fassglasgow.com">www.fassglasgow.com</a></p> <p> 0141 737 3699</p>
<b>FRANK</b>	<p>Honest information about drugs</p> <p> <a href="http://www.talktofrank.com">www.talktofrank.com</a></p> <p> 0300 123 6600</p>
<b>GAMH - Glasgow Association for Mental Health</b>	<p>GAMH has specific projects including: Young Carers; Adult Carers; Later Life Project; and CALM project – access to complementary therapies for people 60+ living with long-term conditions. To discuss a referral, please get in touch.</p> <p>GAMH offers a range of services for people experiencing, or recovering, from mental ill health. Services aim to promote recovery, life and self-care skills, and community connections, and to increase personal networks,. Support may include: one-to-one support; group activities; befriending; and peer support opportunities.</p> <p>Referrals for all services can be made by: PCMH Teams; Social Care Direct, Housing; Community Addiction Teams; and Homelessness Services.</p> <p> <a href="http://www.gamh.org.uk">www.gamh.org.uk</a></p> <p> GAMH Head Office 0141 552 5592</p>
<b>Get Informed (Young Scot)</b>	<p>Free and confidential information line. Provides details on health information services available to young people in the local area.</p> <p>Mon – Fri 10am – 6 pm</p> <p> <a href="http://www.young.scot/get-informed">www.young.scot/get-informed</a></p>




Organisation	Contact Details/Description
<b>GRACE</b>	<p>A local charity that manages and operate's peer-led recovery aftercare groups in the towns of Kirkintilloch and Auchinairn, serving the whole of East Dunbartonshire.</p> <p> <a href="https://graceaftercare.org/about-us">https://graceaftercare.org/about-us</a></p>
<b>Heads Up</b>	<p>Heads Up provides advice and information on mental health conditions – about how you can support yourself or the people you care for, the services available and the range of interventions you may participate in. Heads Up has mental health information described in British Sign Language (BSL).</p> <p> <a href="http://www.nhsggc.scot/your-health/heads-up-mental-health-support/">www.nhsggc.scot/your-health/heads-up-mental-health-support/</a></p>
<b>Help for heroes</b>	<p>If you are a veteran, a serving member of the Armed Forces community, if you worked alongside the UK military or are a relative of any of the above, Help for Heroes is here for you.</p> <p> <a href="http://www.helpforheroes.org.uk/get-help/mental-health-and-wellbeing/improve-your-mental-health/">www.helpforheroes.org.uk/get-help/mental-health-and-wellbeing/improve-your-mental-health/</a></p>
<b>Know The Score</b>	<p>Whether you've taken drugs, are thinking of taking them or are just curious and want to know more, it's important to know the real facts about drugs.</p> <p> <a href="http://www.knowthescore.info">www.knowthescore.info</a></p> <p> 0800 587 5879</p>
<b>Local Area Co-ordinators (LACs)</b>	<p>Supporting people with an autism and/or mild learning disability diagnosis (over 14 years old) to fulfil their ambitions, such as finding employment, preparing for further study, increasing social networks and building independence.</p> <p> <a href="mailto:LACs@eastdunbarton.gov.uk">LACs@eastdunbarton.gov.uk</a></p> <p>The Local Area Co-ordinators will be able to share a document with all services available for the neurodivergent community</p>






Organisation	Contact Details/Description
<b>Men Matter Scotland</b>	<p>Promote wellbeing and prevent suicide in men</p>  <a href="http://www.menmatterscotland.org">www.menmatterscotland.org</a>
<b>Mental Health Network</b>	<p>MHNGG are a 'user-led' mental health collective advocacy organisation. People can access free and impartial information about mental health support and services through the website or they can call during office hours</p> <p>Mon – Fri 9am – 5pm</p>  <a href="http://www.mhngg.org.uk">www.mhngg.org.uk</a>  0141 550 8417
<b>Mental Health Online Support Services</b>	<p>Living Life (NHS24) offers support to people in Scotland through self-guided help and cognitive behavioural therapy. Self-refer for an assessment by calling (Monday-Friday, 9am-9pm).</p>  <a href="http://www.nhs24.scot/how-we-can-help/living-life">www.nhs24.scot/how-we-can-help/living-life</a>  0800 328 9655
<b>National Self-Harm Network</b>	<p>Offers support to individuals who self-harm to reduce emotional distress and to improve their quality of life. Closely monitored, available 24/7</p>  <a href="http://www.nshn.co.uk/">www.nshn.co.uk/</a>
<b>NHS 24</b>	<p>NHS 24 is one of Scotland's seven special health boards. It is Scotland's provider of digital health and care services. These are delivered by phone and through a range of digital channels, including online platforms.</p>  111







Organisation	Contact Details/Description
<p><b>NHS Inform</b></p>	<p>Advice on dealing with low mood, anxiety, phobias, stress and where you can get help</p> <p> <a href="http://www.nhsinform.scot/healthy-living/mental-wellbeing">www.nhsinform.scot/healthy-living/mental-wellbeing</a></p>
<p><b>Papyrus – HopeLine 24/7</b></p>	<p><b>Here For Life.</b></p> <p>HopeLine 24/7 – 0300 102 2470 – is a free, confidential helpline offering practical, compassionate support around the clock.</p> <p>When young people are thinking about suicide or feeling unsafe, they need to know how and where to find help. And everyone around them needs to know what to do and say when it matters most. That's why Papyrus exists.</p> <p> Call 0300 102 2470 – 24-hours-a-day, every day Text 88247</p> <p> <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a></p> <p> Webchat – via <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a> – 24-hours-a-day, every day</p> <p> <a href="http://www.papyrus-uk.org/help-me/hopeline-24-7">www.papyrus-uk.org/help-me/hopeline-24-7</a></p> <p>You do not have to give your name or location. Papyrus are here. They're always here. That's how they save lives.</p> <p>They aim to help children and young people under the age of 35 who are experiencing thoughts of suicide, and anyone who is concerned that a young person could be thinking about suicide.</p> <p>They help people to spot the signs and start conversations about suicide – working with communities, schools and workplaces to make them suicide-safer places. They campaign, educate and advocate for change – to keep young people safe and hope alive.</p> <p>Everything they do is focused on one thing: preventing young suicide. Whether you need support, training, resources, want to help others or want to raise funds/ awareness – Papyrus can help.</p>











Organisation	Contact Details/Description
<b>Parent Line</b>	<p>Mon-Fri, 9am to 9pm Sat-Sun, 9am to noon</p> <p> 08000 28 22 33</p> <p> <a href="http://www.children1st.org.uk/help-for-families/parentline-scotland/">www.children1st.org.uk/help-for-families/parentline-scotland/</a></p>
<b>Penumbra</b>	<p>Penumbra provides essential projects for young people and adults who self-harm, offering a safe, non-judgmental space in which to explore feelings and worries. Service users are offered one-to-one and group support for as long and as often as is desired.</p> <p>Monday to Friday, 9am – 5pm</p> <p> <a href="http://www.penumbra.org.uk">www.penumbra.org.uk</a></p>
<b>Petal</b>	<p>PETAL Support is a specific bereavement grief and loss charity, primarily for immediate family members of people who have been affected. It supports people who are experiencing bereavement grief, trauma and loss (affected by murder, culpable homicide and suicide). PETAL may provide therapy (counselling) services within a limited psychotherapeutic skill set, for those bereaved family members who are appropriate to attend.</p> <p>PETAL Support has offices in Glasgow, Hamilton, and Edinburgh</p> <p> <a href="http://www.petalsupport.com">www.petalsupport.com</a></p> <p> 01698 324502 (nationwide)</p>
<b>Police</b>	<p> 999 emergency</p> <p> 101 incident report</p>
<b>Project 101</b>	<p>Supporting people to identify housing options, manage existing tenancies and learn independent living skills.</p> <p> <a href="http://www.eastdunbarton.gov.uk/residents/housing/housing-advice-support/project-101">www.eastdunbarton.gov.uk/residents/housing/housing-advice-support/project-101</a></p> <p> <a href="mailto:Project101@eastdunbarton.gov.uk">Project101@eastdunbarton.gov.uk</a></p>









Organisation	Contact Details/Description
<b>Railway Mission</b>	<p>The Railway Mission is a group of specially trained people who offer friendship and a listening ear to anyone connected with our nation's railways. That includes in-person/face-to-face services (telephone service during normal office hours) and responding to out-of-hours emergencies. It is an independent organisation, acting impartially and with the utmost discretion (see website for more details).</p> <p> <a href="https://railwaymission.org">https://railwaymission.org</a></p> <p> 0203 887 7000</p> <p> <a href="mailto:office@railwaymission.org">office@railwaymission.org</a></p>
<b>SACRO</b>	<p>SACRO is a community justice organisation in Scotland that aims to deliver life-changing services that empower communities. Veterans mentoring service available for those that have been in or on the periphery of the justice system.</p> <p> <a href="http://www.sacro.org.uk">www.sacro.org.uk</a></p> <p> 0131 624 7270</p>
<b>Samaritans</b>	<p>They provide confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide.</p> <p> <a href="http://www.samaritans.org">www.samaritans.org</a></p> <p> 116 123 (24hrs/day) Calls are free.</p> <p> <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>
<b>SAMH: Scottish Action for Mental Health</b>	<p>Whether you're seeking support, are looking for more information for you or someone you love, or if you just want to have chat about mental health, SAMH are here to help. You can also speak to an advisor via Live Web Chat which will pop up when an advisor is available.</p> <p>Available: 9am to 6pm, Monday to Friday</p> <p> <a href="http://www.samh.org.uk/">www.samh.org.uk/</a></p> <p> 0344 800 0550</p> <p> <a href="mailto:info@samh.org.uk">info@samh.org.uk</a></p>

Organisation	Contact Details/Description
<p><b>Scottish Drugs Forum (SDF)</b></p>	<p>Research and Peer Engagement</p> <p>The service recruits volunteers who have living or lived experience to be peer researchers with SDF. They receive extensive training and support from the team and will be involved in evaluation/research projects in East Dunbartonshire.</p> <p>These projects focus on the experience of individuals using local services, with peer researchers encouraging people to feel comfortable in sharing these openly and honestly without judgement. Peer research volunteers receive access to other opportunities within SDF and beyond, and will be supported to access these as they wish to.</p> <p>Opening days/hours: Monday-Friday, 9am-5pm</p> <p>Contact: Samantha Stewart 1/1 91 Mitchell Street, Glasgow, G1 3LN</p> <p> <a href="mailto:samanthas@sdf.org.uk">samanthas@sdf.org.uk</a></p> <p> 07747 481305</p> <p> <a href="http://www.sdf.org.uk">www.sdf.org.uk</a></p>




Organisation	Contact Details/Description
<p><b>Scottish Families Affected by Drugs &amp; Alcohol (SFAD)</b></p>	<p>SFAD Adult Services East Dunbartonshire</p> <p>Scottish Families Affected by Alcohol and Drugs (SFAD) is a national charity which supports anyone concerned about someone else's alcohol or drug use in Scotland. They give listening support and information to many people and help them with confidence, communication and general wellbeing, and link them into local support. They also help people recognise and understand the importance of looking after themselves.</p> <p>Support comes in a range of different sizes. In East Dunbartonshire, SFAD offers:</p> <ul style="list-style-type: none"> <li>· One-to-one support</li> <li>· Group support</li> <li>· CRAFT (Community Reinforcement Approach &amp; Family Training)</li> <li>· Support to access bereavement counselling</li> <li>· Access to Naloxone</li> </ul> <p>Opening days/hours: Monday to Friday, 9am-5pm</p> <p>Contact: Ellis Reddick</p> <p> <a href="mailto:ellis@sfad.org.uk">ellis@sfad.org.uk</a></p> <p> 07487 675621</p> <p> 08080 10 10 11</p> <p> <a href="https://www.sfad.org.uk">https://www.sfad.org.uk</a></p>
<p><b>Shelter</b></p>	<p>Housing support services, housing costs, your rights, repairs to your home, eviction, repossession, homeless, sofa surfing or nowhere to stay.</p> <p> <a href="https://scotland.shelter.org.uk">https://scotland.shelter.org.uk</a></p>

Organisation	Contact Details/Description
<b>SHOUT</b>	<p>The UK's free, confidential and 24/7 mental health text service for crisis support.</p> <p>Free confidential, 24/7 text messaging support service for anyone who is struggling to cope. They support people who are anxious, stressed, depressed, suicidal or overwhelmed and in immediate need of support.</p> <p> <a href="https://giveusashout.org">https://giveusashout.org</a></p> <p> Text 'shout' to 85258</p>
<b>SSAFA</b>	<p>Practical housing advice and support to veterans and their dependents</p> <p> <a href="http://www.ssafa.org.uk/get-help/welfare-and-benefits/housing-advice">www.ssafa.org.uk/get-help/welfare-and-benefits/housing-advice</a></p>
<b>Staying Safe</b>	<p>If you're struggling and you're not sure if you want to live or die, can you, just for now hold off making this decision and keep reading and watching the videos for some ideas about how to get through. There may be things that you – and other people – can do to make things better.</p> <p> <a href="https://staying-safe.net">https://staying-safe.net</a></p>
<b>Support from GP</b>	<p>GPs can support their patients and discuss whether medication or referral to other more specialist support services might be helpful.</p>
<b>Survivors of Bereavement by Suicide</b>	<p>They offer a range of support services for adults over 18 – run by volunteers, the majority of whom have been bereaved by suicide themselves. They also provide information via the website and publications.</p> <p> <a href="https://uksobs.com">https://uksobs.com</a></p> <p> 0300 111 5065</p>

Organisation	Contact Details/Description
<b>The Mix</b>	<p>The website offers key information on a whole range of health and wellbeing issues including self-harm for young people. They also use Crisis Messenger - a 24/7 service delivered in partnership with:</p> <p>Crisis Text Line – text HOME to 741741, visit <a href="http://www.crisistextline.org">www.crisistextline.org</a></p> <p>Shout – text ‘Shout’ to 85258, visit <a href="https://giveusashout.org">https://giveusashout.org</a></p> <p>4pm to 11pm every day</p> <p> <a href="http://www.themix.org.uk">www.themix.org.uk</a></p>
<b>The Pandas Foundation Helpline</b>	<p>For parents and their networks who need support with perinatal mental illness. (Open Monday-Sunday, 9am-8pm)</p> <p> 0808 1961 776.</p>
<b>The Spark</b>	<p>Providing relationship counselling and support services for individuals, couples and families, as well as relationship education and counselling for young people.</p> <p> <a href="http://www.thespark.org.uk">www.thespark.org.uk</a></p> <p> Counselling enquiry 0808 802 2088</p> <p> Relationship helpline 0808 802 2088 (over 18)</p> <p> General enquiries 0141 222 2166 Mon-Fri: 9am-5pm</p>
<b>Touched by Suicide</b>	<p>A self -help organisation for those who have been ‘Touched by Suicide’, to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.</p> <p> <a href="https://touchedbysuicidescotland.wordpress.com">https://touchedbysuicidescotland.wordpress.com</a></p> <p> 01294 274273</p> <p> <a href="mailto:touchedbysuicidescotland@hotmail.co.uk">touchedbysuicidescotland@hotmail.co.uk</a></p>
<b>Veterans Scotland.</b>	<p>Covers all Scotland – providing a focal point for all matters concerning the ex-service community</p> <p> <a href="http://www.veteransscotland.co.uk">www.veteransscotland.co.uk</a></p>

Organisation	Contact Details/Description												
<b>Victim Support Scotland Glasgow</b>	<p>Support for people affected by crime, including one-to-one emotional and practical support, as well as information and support for those attending court as witnesses</p> <p>Granite House, Fourth Floor, 31-33 Stockwell Street, Glasgow, G1 4RZ</p> <p>Our support suite can be accessed via the following address: Support Suite, Fourth Floor, 177 Trongate, Glasgow, G1 5HF</p> <p> 0141 553 2415</p> <p> <a href="mailto:VictimSupportGlasgow@victimsupportsco.org.uk">VictimSupportGlasgow@victimsupportsco.org.uk</a></p> <p> National Helpline 0800 917 7650</p> <table data-bbox="314 592 639 767"> <tr> <td>Monday</td> <td>9am-5pm</td> </tr> <tr> <td>Tuesday</td> <td>9am-5pm</td> </tr> <tr> <td>Wednesday</td> <td>9am-5pm</td> </tr> <tr> <td>Thursday</td> <td>9am-5pm</td> </tr> <tr> <td>Friday</td> <td>9am-5pm</td> </tr> <tr> <td>Saturday</td> <td>9am-1pm</td> </tr> </table> <p> If you need support outwith these hours, our helpline is open 8am-8pm, Mon-Fri: 0800 160 1985</p>	Monday	9am-5pm	Tuesday	9am-5pm	Wednesday	9am-5pm	Thursday	9am-5pm	Friday	9am-5pm	Saturday	9am-1pm
Monday	9am-5pm												
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<b>Who Dares Cares</b>	<p>A dedicated united kingdom armed forces and blue light services charity.</p> <p>Who Dares Cares' mission is to support our Armed Forces and Blue Light Services personnel, including their families, who are suffering from Post-Traumatic Stress Disorder (PTSD).</p> <p> <a href="http://www.who-dares-cares.com">www.who-dares-cares.com</a></p> <p> 07341 872805</p> <p> <a href="mailto:wdc@who-dares-cares.com">wdc@who-dares-cares.com</a></p>												
<b>WITH YOU</b>	<p>Available to work with you on your own goals, whether that's making small changes, stopping drugs or alcohol completely or just getting some advice if you're worried about your own or someone else's drinking or drug use, or your mental health.</p> <p> <a href="http://www.wearewithyou.org.uk">www.wearewithyou.org.uk</a></p>												

# Apps

Name	Access
<b>Daylight</b>	<p>For people who are feeling worried or anxious. You can learn proven tools and techniques to get out of your head, face difficult emotions, and be more present. Free for anyone aged 18+ who lives in Scotland. First part of postcode is required when you sign up.</p> <p> <a href="https://onboarding.trydaylight.com/daylight/nhs">onboarding.trydaylight.com/daylight/nhs</a></p>
<b>NHSGGC MyApp</b>	<p>My Mental Health: Helps find trustworthy and reliable resources, offering not only info about common mental health symptoms and conditions but also materials to help manage them.</p> <p> <a href="https://rightdecisions.scot.nhs.uk/myapp-my-mental-health/">rightdecisions.scot.nhs.uk/myapp-my-mental-health/</a></p>
<b>Stay Alive</b>	<p>Provides useful information and tools to help you stay safe in a crisis.</p> <p> <a href="https://www.stayalive.app/">www.stayalive.app/</a></p>

# Training

Name	Access
<b>SAND (Supporting Autism and Neurodiversity) training</b>	<p>A free six-week block of training run by neurodiverse Occupational Therapist Heather Wright on the subjects: 'Understanding Autism and Neurodiversity', 'Communication', 'Processing Differences', 'Sensory Issues', 'Arousal and Behaviour issues' and 'Getting it right'. Once you have completed the six-week block then you can attend additional add-on sessions on various topics.</p> <p> <a href="http://www.carerslink.org.uk/carers-autism">www.carerslink.org.uk/carers-autism</a></p>
<b>Trauma-Informed Parenting Training</b>	<p>Training for parents and carers on how to support yourself and your child to cope with challenging behaviours (open to anyone with a child with additional support considerations).</p> <p> <a href="http://www.traumainformedparenting.uk">www.traumainformedparenting.uk</a></p>

If you wish to provide any feedback on this resource, please contact alcohol & drug partnership development officer:  
[Yvonne Lambie : yvonne.lambie@ggc.scot.nhs.uk](mailto:yvonne.lambie@ggc.scot.nhs.uk)

