

## Wellness Support Leaflet

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## Employee Assistance Programme

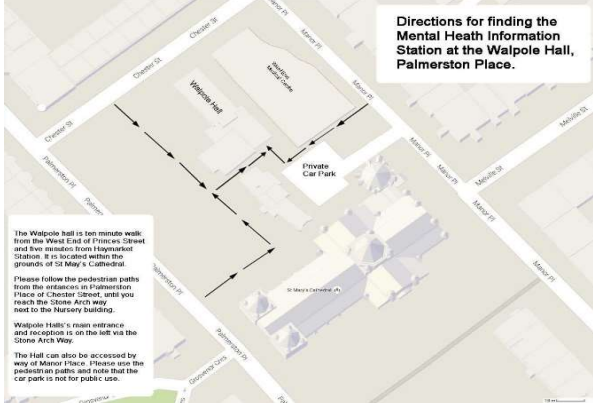
**ESC Employee Assistance Programme - AXA Health**

Confidential support and reliable information for ESC employees. Access the AXA welcome pack [here](#) for all the programme details (internal link)

Call **0800 072 7072 (24 hours, 365 days)**

**Access online help when you need it through the BeSupported programme**

Theme	Helplines	Useful Websites and Email
Emergency Mental Health Support	<p><b>NHS 24</b></p> <p><i>Urgent health advice out of hours (when your GP is closed)</i></p> <ul style="list-style-type: none"> <li>• Call <b>111</b></li> </ul>	<p><b>NHS Inform</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.nhsinform.scot/illnesses-and-conditions/mental-health">https://www.nhsinform.scot/illnesses-and-conditions/mental-health</a></li> </ul>
	<p><b>Samaritans</b></p> <p><i>A safe place for people to talk anytime, in their own way, about what's getting to you</i></p> <ul style="list-style-type: none"> <li>• Call <b>116 123</b></li> </ul>	<p><b>Samaritans</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.samaritans.org">www.samaritans.org</a></li> <li>• Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></li> </ul>
	<p><b>Edinburgh Crisis Centre</b></p> <p><i>Help if you are experiencing a mental health crisis and need to talk to someone</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 801 0414</b></li> <li>• Text 07974 429075</li> </ul>	<p><b>Edinburgh Crisis Centre</b></p> <ul style="list-style-type: none"> <li>• Email: <a href="mailto:crisis@edinburghcrisiscentre.org.uk">crisis@edinburghcrisiscentre.org.uk</a></li> </ul>
	<p><b>Mental Health Information Station</b></p> <p><i>First stop for mental health information and resources</i></p> <ul style="list-style-type: none"> <li>• Call <b>0131 537 8688</b></li> </ul>	<p><b>Mental Health Information Station</b></p> <ul style="list-style-type: none"> <li>• Email: <a href="mailto:MentalHealthInformaton@nhslothian.scot.nhs.uk">MentalHealthInformaton@nhslothian.scot.nhs.uk</a></li> </ul>

Theme	Helplines	Useful Websites and Email
<p style="text-align: center;"><b>Emergency Mental Health Support</b></p>	<p><b>10 mins walk from Thistle House</b></p>	
	<p><b>Breathing Space</b></p> <p><i>Free, confidential service for anyone feeling low, anxious or depressed</i></p> <ul style="list-style-type: none"> <li>• Call <b>0800 838 587</b></li> </ul>	<p><b>Breathing Space</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.breathingspace.scot">www.breathingspace.scot</a></li> </ul>
	<p><b>Papyrus Hopeline UK</b></p> <p><i>Free help for children and young people under the age of 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide</i></p> <ul style="list-style-type: none"> <li>• Call <b>0800 328 9655</b></li> <li>• Text 07860 039967</li> </ul>	<p><b>Papyrus Hopeline UK</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></li> </ul>

Theme	Helplines	Useful Websites and Email
<b>Emergency Mental Health Support</b>	<b>NHS Lothian Mental Health Assessment Service</b> <ul style="list-style-type: none"> <li>• <b>0131 537 6000</b></li> </ul>	<b>NHS Lothian Mental Health Assessment Service</b> <ul style="list-style-type: none"> <li>• <a href="https://www.edinburgh.gov.uk/get-care-support/contact-crisis/2">https://www.edinburgh.gov.uk/get-care-support/contact-crisis/2</a></li> </ul>
	<b>SHOUT</b>  <i>Crisis Text Service</i> <ul style="list-style-type: none"> <li>• Text YM to <b>85258</b></li> </ul>	
	<b>Glasgow Mental Health Services</b>  <i>Out of hours Community Psychiatric Nurse service</i> <ul style="list-style-type: none"> <li>• Call <b>0845 650 1730</b></li> </ul>	<b>Glasgow Mental Health Services</b> <ul style="list-style-type: none"> <li>• <a href="https://www.nhsggc.scot/your-health/right-care-right-place/mental-health/">https://www.nhsggc.scot/your-health/right-care-right-place/mental-health/</a></li> </ul> <b>Heads Up – Mental Health Support</b> <ul style="list-style-type: none"> <li>• <a href="https://www.nhsggc.scot/your-health/heads-up-mental-health-support/">https://www.nhsggc.scot/your-health/heads-up-mental-health-support/</a></li> </ul>
	<b>NHS Lanarkshire – Urgent Help</b>  <b>NHS 24</b>  <i>Urgent health advice out of hours (when your GP is closed)</i>  Call <b>111</b>	<b>NHS Lanarkshire – Urgent Help</b> <ul style="list-style-type: none"> <li>• <a href="https://www.lanarkshiremindmatters.scot.nhs.uk/urgent-help/">https://www.lanarkshiremindmatters.scot.nhs.uk/urgent-help/</a></li> </ul>

Theme	Helplines	Useful Websites and Email
<p><b>Emergency Mental Health Support</b></p>	<p><b>NHS Fife – Mental Health Emergency Services</b></p> <p><b>NHS 24</b></p> <p><i>Urgent health advice out of hours (when your GP is closed)</i></p> <p>Call <b>111</b></p>	<p><b>NHS Fife – Mental Health Emergency Services</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.nhsfife.org/services/all-services/mental-health/mental-health-emergency-services/">https://www.nhsfife.org/services/all-services/mental-health/mental-health-emergency-services/</a></li> </ul>
<p><b>General Mental Health Support</b></p>	<p><b>Anxiety UK</b></p> <p><i>Offers a range of support for all anxiety conditions (open Mon-Fri 09:30 – 17:30)</i></p> <ul style="list-style-type: none"> <li>• Call <b>03444 775 774</b></li> </ul>	<p><b>Anxiety UK</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a></li> </ul>
	<p><b>Bipolar Scotland</b></p> <p><i>Open to those with bi-polar and their family and friends</i></p> <ul style="list-style-type: none"> <li>• Call <b>0141 560 2050</b></li> </ul>	<p><b>Bipolar Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://bipolarscotland.org.uk/">https://bipolarscotland.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:info@bipolarscotland.org.uk">info@bipolarscotland.org.uk</a></li> </ul>
	<p><b>Life SIGNS</b></p> <p><i>Self-injury support</i></p>	<p><b>Life SIGNS</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.lifesigns.org.uk/">https://www.lifesigns.org.uk/</a></li> </ul>
	<p><b>Living Life to the Full</b></p>	<p><b>Living Life to the Full</b></p> <ul style="list-style-type: none"> <li>• <a href="https://littf.com/">https://littf.com/</a></li> </ul>

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<b>General Mental Health Support</b>	<p><i>Free online courses covering low mood, stress and resilience</i></p>	
	<p><b>Hearing Voices Network</b></p> <p><i>Access various group support networks across Scotland</i></p>	<p><b>Hearing Voices Network</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.hearing-voices.org/groups/scotland-hvn/">https://www.hearing-voices.org/groups/scotland-hvn/</a></li> </ul>
	<p><b>Mental Welfare Commission for Scotland</b></p> <p><i>Can advise on rights and good practice for mental health and incapacity law and care and treatment</i></p> <ul style="list-style-type: none"> <li>• Call <b>0800 389 6809</b></li> </ul>	<p><b>Mental Welfare Commission for Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.mwcscot.org.uk/contact-us">https://www.mwcscot.org.uk/contact-us</a></li> <li>• <b>Email:</b> <a href="mailto:mwc.enquiries@nhs.scot">mwc.enquiries@nhs.scot</a></li> </ul>
	<p><b>Mind</b></p> <p><i>Information and support for those living with a mental health problem or supporting someone who is (open Mon – Fri 09:00 – 18:00)</i></p> <ul style="list-style-type: none"> <li>• Call <b>0300 123 3393</b></li> </ul>	<p><b>Mind</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:info@mind.org.uk">info@mind.org.uk</a></li> </ul>
	<p><b>NHS Living Life</b></p> <p><i>Offers support to people in Scotland through cognitive behavioural therapy (open Mon – Fri 13:00 – 21:00)</i></p>	<p><b>NHS Living Life</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.nhs24.scot/our-services/living-life/">https://www.nhs24.scot/our-services/living-life/</a></li> </ul>

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<b>General Mental Health Support</b>	<ul style="list-style-type: none"> <li>• Call <b>0800 328 9655</b></li> </ul>	
	<p><b>No Panic</b></p> <p><i>Support for those with panic disorders (open 10:00 – 22:00)</i></p> <ul style="list-style-type: none"> <li>• Call <b>0300 772 9844</b></li> </ul>	<p><b>No Panic</b></p> <ul style="list-style-type: none"> <li>• <a href="https://nopanic.org.uk/">https://nopanic.org.uk/</a></li> </ul>
	<p><b>OCD Action</b></p> <p><i>Support for those living with OCD or their family, carers and friends</i></p> <ul style="list-style-type: none"> <li>• Call <b>0300 636 5478</b></li> </ul>	<p><b>OCD Action</b></p> <ul style="list-style-type: none"> <li>• <a href="https://ocdaction.org.uk/">https://ocdaction.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:support@ocdaction.org.uk">support@ocdaction.org.uk</a></li> </ul>
	<p><b>OCD-UK</b></p> <p><i>Support, education and recovery for those living with OCD or their family, carers and friends (open Mon – Fri 09:00 – 12:00)</i></p> <ul style="list-style-type: none"> <li>• Call <b>01332 588112</b></li> </ul>	<p><b>OCD-UK</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.ocduk.org/">https://www.ocduk.org/</a></li> </ul>
	<p><b>Scottish Recovery Network</b></p> <p><i>Mental Health Recovery network</i></p> <ul style="list-style-type: none"> <li>• Call <b>0300 323 9956</b></li> </ul>	<p><b>Scottish Recovery Network</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.scottishrecovery.net/contact/">https://www.scottishrecovery.net/contact/</a></li> </ul>

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	<p><b>SAMH (Scottish Association for Mental Health)</b></p> <p><i>Support for all Scotland's Mental Health</i></p>	<p><b>SAMH (Scottish Association for Mental Health)</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.samh.org.uk/">https://www.samh.org.uk/</a></li> </ul>
<b>Addiction Support</b>	<p><b>NHS Drug Addiction Services</b></p> <p><i>Online directory of over 200 agencies in Scotland who can help with drug treatment and care</i></p>	<p><b>NHS Drug Addiction Services</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.scottishdrugservices.com/">https://www.scottishdrugservices.com/</a></li> </ul>
	<p><b>NHS Alcohol Support</b></p> <p><i>Support services for those impacted by alcohol addiction</i></p>	<p><b>NHS Alcohol Support</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/">https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/</a></li> </ul>
	<p><b>Alcoholics Anonymous</b></p> <p><i>Personal recovery fellowship for those with alcohol addiction</i></p> <ul style="list-style-type: none"> <li>• Call <b>0800 9177 650</b></li> </ul>	<p><b>Alcoholics Anonymous</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/scotland">https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/scotland</a></li> <li>• Email: <a href="mailto:help@aamail.org">help@aamail.org</a></li> </ul>
	<p><b>Gamblers Anonymous Scotland</b></p> <p><i>Personal recovery fellowship for those with gambling addiction</i></p> <ul style="list-style-type: none"> <li>• Call <b>0370 050 881</b></li> </ul>	<p><b>Gamblers Anonymous Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://ga-scotland.org/">https://ga-scotland.org/</a></li> </ul>



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Addiction Support	<p><b>Narcotics Anonymous Scotland</b></p> <p><i>Support for those in recovery or who have on-going drug addiction (open 10:00 – midnight)</i></p> <ul style="list-style-type: none"> <li>• Call <b>0300 999 1212</b></li> </ul>	<p><b>Narcotics Anonymous Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://ukna.org/">https://ukna.org/</a></li> </ul>
	<p><b>Scottish Families Affected by Drugs and Alcohol</b></p> <p><i>Support for anyone impacted by someone else's alcohol or drug use</i></p> <ul style="list-style-type: none"> <li>• Call <b>08080 10 10 11</b></li> </ul>	<p><b>Scottish Families Affected by Drugs and Alcohol</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.sfad.org.uk/">https://www.sfad.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:helpline@sfad.org.uk">helpline@sfad.org.uk</a></li> </ul>
Bereavement	<p><b>Beautiful inside and out</b></p> <p><i>Hosts support information for the families of those affected by suicide</i></p> <ul style="list-style-type: none"> <li>• Call <b>07984328808</b></li> </ul>	<p><b>Beautiful inside and out</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.ataloss.org/faqs/beautiful-inside-and-out">https://www.ataloss.org/faqs/beautiful-inside-and-out</a></li> </ul>
	<p><b>Cruse Scotland Bereavement Support</b></p> <p><i>Support for those who are grieving</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 802 6161</b></li> </ul>	<p><b>Cruse Bereavement Support</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.cruse.org.uk/get-support/helpline/">https://www.cruse.org.uk/get-support/helpline/</a></li> </ul>

Theme	Helplines	Useful Websites and Email
	<p><b>NHS inform</b></p> <p><i>Hosts resources for those impacted by death and bereavement</i></p>	<p><b>NHS inform</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.nhsinform.scot/care-support-and-rights/death-and-bereavement">https://www.nhsinform.scot/care-support-and-rights/death-and-bereavement</a></li> </ul>
	<p><b>Marie Curie Scotland</b></p> <p><i>Helpline for anyone affected by the death of a loved one</i></p> <ul style="list-style-type: none"> <li>• Call 0800 090 2309</li> </ul>	<p><b>Marie Curie Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.mariecurie.org.uk/who/what-we-do/marie-curie-scotland">https://www.mariecurie.org.uk/who/what-we-do/marie-curie-scotland</a></li> </ul>
<b>Black, Asian and Ethnic Minority Focused Support</b>	<p><b>Amina Helpline</b></p> <p><i>Support and signposting services for Muslim women across Scotland</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 801 0301</b></li> </ul>	<p><b>Amina Helpline</b></p> <ul style="list-style-type: none"> <li>• <a href="https://mwrc.org.uk/helpline/">https://mwrc.org.uk/helpline/</a></li> </ul>
	<p><b>Saheliya</b></p> <p><i>Specialist mental health and well-being support for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+)</i></p> <ul style="list-style-type: none"> <li>• Call Edinburgh: <b>0131 556 9302</b></li> <li>• Call Glasgow: <b>0141 552 6540</b></li> </ul>	<p><b>Saheliya</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.saheliya.co.uk/">https://www.saheliya.co.uk/</a></li> </ul>
	<p><b>Scottish Refugee Council</b></p>	<p><b>Scottish Refugee Council</b></p> <ul style="list-style-type: none"> <li>• <a href="https://scottishrefugeecouncil.org.uk/">https://scottishrefugeecouncil.org.uk/</a></li> </ul>

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	<p><i>Independent charity dedicated to supporting people in need of refugee protection</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 196 7274</b></li> </ul>	
<b>Carers</b>	<p><b>Carers UK Helpline</b></p> <p><i>Support for carers UK wide</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 808 7777</b></li> </ul>	<p><b>Carers UK Helpline</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.carersuk.org/help-and-advice/helpline-and-other-support/">https://www.carersuk.org/help-and-advice/helpline-and-other-support/</a></li> <li>• <b>Email:</b> <a href="mailto:advice@carersuk.org">advice@carersuk.org</a></li> </ul>
	<p><b>Carers Trust</b></p> <p><i>Support for carers UK wide</i></p>	<p><b>Carers Trust</b></p> <ul style="list-style-type: none"> <li>• <a href="https://carers.org/help-and-info/introduction">https://carers.org/help-and-info/introduction</a></li> </ul>
	<p><b>Care Information Scotland</b></p> <p><i>Support for carers UK wide</i></p> <ul style="list-style-type: none"> <li>• Call <b>0800 011 3200</b></li> </ul>	<p><b>Care Information Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.careinfoscotland.scot/topics/support-for-carers/">https://www.careinfoscotland.scot/topics/support-for-carers/</a></li> </ul>
<b>Criminal Justice</b>	<p><b>Criminal Justice Alliance</b></p> <p><i>Advocacy organisation providing links to support</i></p> <ul style="list-style-type: none"> <li>• Call <b>0208 064 2218</b></li> </ul>	<p><b>Criminal Justice Alliance</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.criminaljusticealliance.org/about-the-cja/where-to-find-help/">https://www.criminaljusticealliance.org/about-the-cja/where-to-find-help/</a></li> </ul>

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	<b>Victim Support Scotland</b>  <i>Empowering people affected by crime</i> <ul style="list-style-type: none"> <li>• Call <b>0800160 1985</b></li> </ul>	<b>Victim Support Scotland</b> <ul style="list-style-type: none"> <li>• <a href="https://victimsupport.scot/">https://victimsupport.scot/</a></li> </ul>
	<b>Families Outside</b>  <i>Supports families affected by imprisonment</i> <ul style="list-style-type: none"> <li>• Call 0800 254 0088</li> </ul>	<b>Families Outside</b> <ul style="list-style-type: none"> <li>• <a href="https://www.familiesoutside.org.uk/">https://www.familiesoutside.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:support@familiesoutside.org.uk">support@familiesoutside.org.uk</a></li> <li>• Text: <b>FAMOUT to 60777</b></li> </ul>
<b>Domestic Violence and Gender Based Violence</b>	<b>Scotland's Domestic Abuse &amp; Forced Marriage Helpline</b>  <i>Support and advice in multiple language options</i> <ul style="list-style-type: none"> <li>• Call <b>0800 027 1234</b></li> </ul>	<b>Scotland's Domestic Abuse &amp; Forced Marriage Helpline</b> <ul style="list-style-type: none"> <li>• <a href="https://www.sdafmh.org.uk/en/">https://www.sdafmh.org.uk/en/</a></li> <li>• <b>Email:</b> <a href="mailto:helpline@sdafmh.org.uk">helpline@sdafmh.org.uk</a></li> </ul>
	<b>Galop</b>  <i>Support for LGBT+ people who have experienced abuse or violence</i> <ul style="list-style-type: none"> <li>• Call <b>0800 999 5428</b></li> </ul>	<b>Galop</b> <ul style="list-style-type: none"> <li>• <a href="https://galop.org.uk/">https://galop.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:help@galop.org.uk">help@galop.org.uk</a></li> </ul>
	<b>Respect Men's Advice Helpline</b>  <i>The helpline for male victims of domestic abuse</i>	<b>Respect Men's Advice Helpline</b> <ul style="list-style-type: none"> <li>• <a href="https://mensadviceline.org.uk/">https://mensadviceline.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:info@mensadviceline.org.uk">info@mensadviceline.org.uk</a></li> </ul>

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<b>Domestic Violence and Gender Based Violence</b>	<ul style="list-style-type: none"> <li>• Call <b>0808 8010 327</b></li> </ul>	
	<p><b>The Rosey Project</b></p> <p><i>Sexual violence prevention and support service for young women and girls in the Glasgow and Clyde area</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 800 0014</b></li> </ul>	<p><b>The Rosey Project</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.roseyproject.co.uk/">https://www.roseyproject.co.uk/</a></li> </ul>
	<p><b>Rape Crisis Scotland</b></p> <p>Support for people of all genders living in Scotland aged 13+ who have been affected by sexual violence</p> <ul style="list-style-type: none"> <li>• Call <b>08088 010302</b></li> <li>• Text: <b>07537 410 027</b></li> </ul>	<p><b>Rape Crisis Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.rapecrisisscotland.org.uk/help-helpline/">https://www.rapecrisisscotland.org.uk/help-helpline/</a></li> <li>• <b>Email:</b> <a href="mailto:support@rapecrisisscotland.org.uk">support@rapecrisisscotland.org.uk</a></li> </ul>
	<p><b>The National Stalking Helpline</b></p> <p><i>Support and information for those affected by harassment and intimidation by the behaviour of another person</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 802 0300</b></li> </ul>	<p><b>The National Stalking Helpline</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.suzylamplugh.org/pages/category/national-stalking-helpline">https://www.suzylamplugh.org/pages/category/national-stalking-helpline</a></li> <li>• <b>Email:</b> <a href="mailto:advice@stalkinghelpline.org">advice@stalkinghelpline.org</a></li> </ul>
	<p><b>Encompass Network</b></p>	<p><b>Encompass Network</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.encompassnetwork.info/who-we-are.html">https://www.encompassnetwork.info/who-we-are.html</a></li> </ul>

Theme	Helplines	Useful Websites and Email
	<p><i>Scottish network of agencies for those involved in or at risk of commercial sexual exploitation</i></p>	<ul style="list-style-type: none"> <li>• <b>Email:</b> <a href="mailto:info@womenssupportproject.org.uk">info@womenssupportproject.org.uk</a></li> </ul>
Eating Disorders	<p><b>Beat</b></p> <p><i>Support to end the pain and suffering caused by eating disorders</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 801 0432</b></li> </ul>	<p><b>Beat</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/">https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/</a></li> <li>• <b>Email:</b> <a href="mailto:Scotlandhelp@beateatingdisorders.org.uk">Scotlandhelp@beateatingdisorders.org.uk</a></li> </ul>
	<p><b>Mind</b></p> <p><i>Information and support service</i></p>	<p><b>Mind</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/">https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/</a></li> </ul>
LGBTQ+	<p><b>LGBT+ Helpline Scotland</b></p> <p><i>Emotional support and information to the entire diversity of LGBT community across Scotland</i></p> <ul style="list-style-type: none"> <li>• Call <b>0800 464 7000</b></li> </ul>	<p><b>LGBT+ Helpline Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.lgbthealth.org.uk/services-support/lgb-helpline-scotland/">https://www.lgbthealth.org.uk/services-support/lgb-helpline-scotland/</a></li> <li>• <b>Email:</b> <a href="mailto:helpline@lgbthealth.org.uk">helpline@lgbthealth.org.uk</a></li> </ul>
	<p><b>Stonewall Scotland</b></p> <p><i>LGBTQ+ support and community</i></p>	<p><b>Stonewall Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.stonewallscotland.org.uk/">https://www.stonewallscotland.org.uk/</a></li> </ul>
	<p><b>NHS Inform LGBT Helpline</b></p>	<p><b>NHS Inform LGBT Helpline</b></p>

Theme	Helplines	Useful Websites and Email
	<p><i>Information and support to the entire diversity LGBT community across Scotland</i></p> <ul style="list-style-type: none"> <li>• Call <b>0300 123 2523</b></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/c7ed5164aff64ce0a326846e9293d8c4%201">https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/c7ed5164aff64ce0a326846e9293d8c4%201</a></li> </ul>
<b>Loneliness and Isolation</b>	<p><b>Campaign to End Loneliness</b></p> <p><i>Hosts support links and advice for those impacted by loneliness</i></p>	<p><b>Campaign to End Loneliness</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.campaigntoendloneliness.org/">https://www.campaigntoendloneliness.org/</a></li> </ul>
	<p><b>SupportLine</b></p> <p><i>Support for those suffering isolation or loneliness and have experienced abuse</i></p> <ul style="list-style-type: none"> <li>• Call <b>01708 765200</b></li> </ul>	<p><b>SupportLine</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.supportline.org.uk/">https://www.supportline.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:info@supportline.org.uk">info@supportline.org.uk</a></li> </ul>
	<p><b>British Red Cross</b></p> <p><i>Provide local support services, workshops and resources to help you deal with and overcome loneliness</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 196 3651</b></li> </ul>	<p><b>British Red Cross</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.redcross.org.uk/get-help/get-help-with-loneliness">https://www.redcross.org.uk/get-help/get-help-with-loneliness</a></li> </ul>
	<p><b>The Silver Line</b></p> <p><i>Helpline for older people ran by Age UK</i></p> <ul style="list-style-type: none"> <li>• Call <b>0800 470 8090</b></li> </ul>	<p><b>The Silver Line</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.thesilverline.org.uk/">https://www.thesilverline.org.uk/</a></li> </ul>

Theme	Helplines	Useful Websites and Email
	<p><b>Age Scotland</b></p> <p><i>The national charity for those over 50 living in Scotland</i></p> <ul style="list-style-type: none"> <li>• Call <b>0800 1244 222</b></li> </ul>	<p><b>Age Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.ageuk.org.uk/scotland/what-we-do/tackling-loneliness/age-scotland-helpline/">https://www.ageuk.org.uk/scotland/what-we-do/tackling-loneliness/age-scotland-helpline/</a></li> <li>• <b>Email:</b> <a href="mailto:helpline@agescotland.org.uk">helpline@agescotland.org.uk</a></li> </ul>
<b>Disability &amp; Long-Term Conditions</b>	<p><b>Asthma + Lung UK</b></p> <p><i>UK Lung Health Charity</i></p> <ul style="list-style-type: none"> <li>• Call <b>0300 222 5800</b></li> <li>• WhatsApp <b>07378 606 728</b></li> </ul>	<p><b>Asthma + Lung UK</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.asthmaandlung.org.uk/">https://www.asthmaandlung.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:helpline@asthmaandlung.org.uk">helpline@asthmaandlung.org.uk</a></li> </ul>
	<p><b>Arthritis Action</b></p> <p><i>Improving the quality of life of people affected by arthritis</i></p> <ul style="list-style-type: none"> <li>• Call <b>0203 781 7120</b></li> </ul>	<p><b>Arthritis Action</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.arthritisaction.org.uk/">https://www.arthritisaction.org.uk/</a></li> </ul>
	<p><b>Versus Arthritis</b></p> <p><i>Support and information for those affected by arthritis</i></p> <ul style="list-style-type: none"> <li>• Call <b>0800 5200 520</b></li> </ul>	<p><b>Versus Arthritis</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.versusarthritis.org/get-help/">https://www.versusarthritis.org/get-help/</a></li> <li>• <b>Email:</b> <a href="mailto:Helpline@versusarthritis.org">Helpline@versusarthritis.org</a></li> </ul>
	<p><b>British Heart Foundation</b></p>	<p><b>British Heart Foundation</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.bhf.org.uk/">https://www.bhf.org.uk/</a></li> </ul>



Theme	Helplines	Useful Websites and Email
<b>Disability &amp; Long-Term Conditions</b>	<p><i>Information and support for those with symptoms of heart disease</i></p> <ul style="list-style-type: none"> <li>• Call <b>0300 330 3322</b></li> </ul>	
	<p><b>Kidney Care UK</b></p> <p><i>Kidney patient support charity</i></p> <ul style="list-style-type: none"> <li>• Call <b>01420 541 424</b></li> </ul>	<p><b>Kidney Care UK</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.kidneycareuk.org/">https://www.kidneycareuk.org/</a></li> </ul>
	<p><b>National Kidney Federation</b></p> <p><i>Kidney patient support charity</i></p> <ul style="list-style-type: none"> <li>• Call <b>01909 544 999</b></li> </ul>	<p><b>National Kidney Federation</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.kidney.org.uk/">https://www.kidney.org.uk/</a></li> </ul>
	<p><b>Cancer Research UK</b></p> <p><i>Cancer research, information and support</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 800 4040</b></li> </ul>	<p><b>Cancer Research UK</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.cancerresearchuk.org/">https://www.cancerresearchuk.org/</a></li> </ul>
	<p><b>Macmillan Cancer Support</b></p> <p><i>Supporting people living with cancer and their loved ones</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 808 0000</b></li> </ul>	<p><b>Macmillan Cancer Support</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.macmillan.org.uk/">https://www.macmillan.org.uk/</a></li> </ul>

Theme	Helplines	Useful Websites and Email
<b>Disability &amp; Long-Term Conditions</b>	<b>The ME Association</b>  <i>Support and information for those living with ME/CFS, PVFS and Long Covid</i> <ul style="list-style-type: none"> <li>• Call <b>0344 576 5326</b></li> </ul>	<b>The ME Association</b> <ul style="list-style-type: none"> <li>• <a href="https://meassociation.org.uk/">https://meassociation.org.uk/</a></li> </ul>
	<b>Action for ME</b>  <i>Information, support and advocacy services</i> <ul style="list-style-type: none"> <li>• Call <b>0117 927 9551</b></li> </ul>	<b>Action for ME</b> <ul style="list-style-type: none"> <li>• <a href="https://www.actionforme.org.uk/">https://www.actionforme.org.uk/</a></li> </ul>
	<b>Diabetes UK</b>  <i>Support and information for those affected by Diabetes</i> <ul style="list-style-type: none"> <li>• Call <b>0345 123 2399</b></li> </ul>	<b>Diabetes UK</b> <ul style="list-style-type: none"> <li>• <a href="https://www.diabetes.org.uk/">https://www.diabetes.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:helpline@diabetes.org.uk">helpline@diabetes.org.uk</a></li> </ul>
	<b>Epilepsy Scotland</b>  <i>Support and advice for those living with epilepsy in Scotland</i> <ul style="list-style-type: none"> <li>• Call <b>0808 800 2200</b></li> </ul>	<b>Epilepsy Scotland</b> <ul style="list-style-type: none"> <li>• <a href="https://www.epilepsyscotland.org.uk/contact-us/">https://www.epilepsyscotland.org.uk/contact-us/</a></li> <li>• <b>Email:</b> <a href="mailto:contact@epilepsyscotland.org.uk">contact@epilepsyscotland.org.uk</a></li> </ul>
	<b>Fibromyalgia Action UK</b>	<b>Fibromyalgia Action UK</b>

Theme	Helplines	Useful Websites and Email
<b>Disability &amp; Long-Term Conditions</b>	<p><i>U.K.'s National charity for Fibromyalgia</i></p> <ul style="list-style-type: none"> <li>• Call <b>0300 999 3333</b></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.fmauk.org/contactsmenu/helplines">https://www.fmauk.org/contactsmenu/helplines</a></li> </ul>
	<p><b>GUT's UK</b></p> <p><i>Committed to fighting all digestive disorders</i></p>	<p><b>GUT's UK</b></p> <ul style="list-style-type: none"> <li>• <a href="https://gutscharity.org.uk/contact-us/">https://gutscharity.org.uk/contact-us/</a></li> </ul>
	<p><b>Crohn's and Colitis UK</b></p> <p><i>Information, support and advocacy services</i></p>	<p><b>Crohn's and Colitis UK</b></p> <ul style="list-style-type: none"> <li>• <a href="https://crohnsandcolitis.org.uk/">https://crohnsandcolitis.org.uk/</a></li> </ul>
	<p><b>Royal Osteoporosis Society</b></p> <p><i>Information, support and advocacy services</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 800 0035</b></li> </ul>	<p><b>Royal Osteoporosis Society</b></p> <ul style="list-style-type: none"> <li>• <a href="https://theros.org.uk/">https://theros.org.uk/</a></li> </ul>
	<p><b>Pain Concern</b></p> <p><i>Improving the lives of people living with pain and those who care for them</i></p> <ul style="list-style-type: none"> <li>• Call <b>0300 123 0789</b></li> </ul>	<p><b>Pain Concern</b></p> <ul style="list-style-type: none"> <li>• <a href="https://painconcern.org.uk/">https://painconcern.org.uk/</a></li> </ul>

Theme	Helplines	Useful Websites and Email
<b>Disability &amp; Long-Term Conditions</b>	<p><b>RNI:D</b></p> <p><i>Supporting people who are deaf, have hearing loss or tinnitus</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 808 0123</b></li> <li>• Text 07360268988</li> </ul>	<p><b>RNI:D</b></p> <ul style="list-style-type: none"> <li>• <a href="https://rnid.org.uk/about-us/contact-rnid/">https://rnid.org.uk/about-us/contact-rnid/</a></li> <li>• <b>Email:</b> <a href="mailto:contact@rnid.org.uk">contact@rnid.org.uk</a></li> </ul>
	<p><b>Deaf Action</b></p> <p><i>Deaf-led charity that supports and celebrates deaf people</i></p> <ul style="list-style-type: none"> <li>• Call <b>0131 556 3128</b></li> <li>• WhatsApp 07775 620 757</li> </ul>	<p><b>Deaf Action</b></p> <ul style="list-style-type: none"> <li>• <a href="https://deafaction.org/get-in-touch/">https://deafaction.org/get-in-touch/</a></li> <li>• <b>Email:</b> <a href="mailto:admin@deafaction.org">admin@deafaction.org</a></li> </ul>
	<p><b>RNIB</b></p> <p><i>Committed to helping blind and partially sighted people</i></p> <ul style="list-style-type: none"> <li>• Call <b>0303 123 9999</b></li> </ul>	<p><b>RNIB</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.rnib.org.uk/">https://www.rnib.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:helpline@rnib.org.uk">helpline@rnib.org.uk</a></li> </ul>
	<p><b>Sight Scotland</b></p> <p><i>Supporting those with sight loss</i></p> <ul style="list-style-type: none"> <li>• <b>Call</b> 0800 024 8973</li> </ul>	<p><b>Sight Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://sightscotland.org.uk/">https://sightscotland.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:supportline@sightscotland.org.uk">supportline@sightscotland.org.uk</a></li> </ul>

Theme	Helplines	Useful Websites and Email
Disability & Long-Term Conditions	<p><b>Capability Scotland</b></p> <p><i>Support to ensure equality for disabled people in Scotland</i></p> <ul style="list-style-type: none"> <li>• Call <b>0131 337 9876</b></li> </ul>	<p><b>Capability Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.capability.scot/contact-us">https://www.capability.scot/contact-us</a></li> </ul>
	<p><b>Lothian Centre for Inclusive Living</b></p> <p><i>Support for disabled and people and those living with long term conditions across Edinburgh and the Lothians</i></p> <ul style="list-style-type: none"> <li>• Call <b>0131 475 2350</b></li> </ul>	<p><b>Lothian Centre for Inclusive Living</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.lothiancil.org.uk/">https://www.lothiancil.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:admin@lothiancouncil.org.uk">admin@lothiancouncil.org.uk</a></li> </ul>
	<p><b>Disability Information Scotland</b></p> <p><i>Reliable accurate and accessible information for people living with disability in Scotland</i></p> <ul style="list-style-type: none"> <li>• Call <b>0300 323 9961</b></li> </ul>	<p><b>Disability Information Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.disabilityscot.org.uk/">https://www.disabilityscot.org.uk/</a></li> <li>• <b>Email:</b> <a href="mailto:info@disabilityscot.org.uk">info@disabilityscot.org.uk</a></li> </ul> <p>Text: <b>07984 367599</b></p>
	<p><b>Glasgow Disability Alliance</b></p> <p><i>Strives to empower disabled people to become leaders in their own lives, communities and wider society</i></p> <ul style="list-style-type: none"> <li>• Call <b>0141 556 7103</b></li> </ul>	<p><b>Glasgow Disability Alliance</b></p> <ul style="list-style-type: none"> <li>• <a href="https://gda.scot/what-we-do/">https://gda.scot/what-we-do/</a></li> <li>• <b>Email:</b> <a href="mailto:info@gdaonline.co.uk">info@gdaonline.co.uk</a></li> <li>• Text: <b>07958 299 496</b></li> </ul>

Theme	Helplines	Useful Websites and Email
	<p><b>Mencap</b></p> <p><i>Advice and support for those with learning disability and their families</i></p>	<p><b>Mencap</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.mencap.org.uk/contact/contact_mencap_direct">https://www.mencap.org.uk/contact/contact_mencap_direct</a></li> </ul>
<p><b>Maternal and Paternal Support and Mental Health Advice</b></p>	<p><b>The Pandas Foundation</b></p> <p><i>For parents and their networks who need support with perinatal mental illness</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 1961 766</b></li> </ul>	<p><b>The Pandas Foundation</b></p> <ul style="list-style-type: none"> <li>• <a href="https://pandasfoundation.org.uk/">https://pandasfoundation.org.uk/</a></li> </ul>
	<p><b>Cry-sis</b></p> <p><i>Support for parents with crying and sleepless babies</i></p> <ul style="list-style-type: none"> <li>• Call <b>0800 448 0737</b></li> </ul>	<p><b>Cry-sis</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.cry-sis.org.uk/">https://www.cry-sis.org.uk/</a></li> </ul>
	<p><b>Father's Network Scotland</b></p> <p><i>Building a father-friendly world, access the Dad's Directory which has over 200 organisations and services across Scotland who support dads</i></p>	<p><b>Father's Network Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="mailto:info@fathersnetworkscotland.org.uk">info@fathersnetworkscotland.org.uk</a></li> </ul>
	<p><b>Maternal Mental Health Scotland</b></p> <p><i>Improving the provision of perinatal mental health services</i></p>	<p><b>Maternal Mental Health Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://maternalmentalhealthscotland.org.uk/">https://maternalmentalhealthscotland.org.uk/</a></li> </ul>

Theme	Helplines	Useful Websites and Email
<b>Maternal and Paternal Support and Mental Health Advice</b>	<b>NHS Inform</b>  <i>LGBT+ paths to parenthood and information if you are having a baby</i>	<b>NHS Inform</b>  <ul style="list-style-type: none"> <li>• <a href="https://www.nhs.uk/pregnancy/having-a-baby-if-you-are-lgbt-plus/ways-to-become-a-parent-if-you-are-lgbt-plus/">https://www.nhs.uk/pregnancy/having-a-baby-if-you-are-lgbt-plus/ways-to-become-a-parent-if-you-are-lgbt-plus/</a></li> </ul>
	<b>Rainbow Families</b>  <i>Events, information and support for LGBTQI families</i>  <ul style="list-style-type: none"> <li>• Call <b>0800 464 7000</b></li> </ul>	<b>Rainbow Families</b>  <ul style="list-style-type: none"> <li>• <a href="https://www.lgbthealth.org.uk/services-support/rainbow-families/">https://www.lgbthealth.org.uk/services-support/rainbow-families/</a></li> </ul>
<b>Relationships</b>	<b>The Spark – Counselling Helpline</b>  <i>Help and support for mental health, your emotions and relationship problems</i>  <ul style="list-style-type: none"> <li>• Call <b>0808 802 2088</b></li> </ul>	<b>The Spark – Counselling Helpline</b>  <ul style="list-style-type: none"> <li>• <a href="https://www.thespark.org.uk/">https://www.thespark.org.uk/</a></li> </ul>
	<b>Relationships Scotland</b>  <i>Counselling, mediation, and family support across Scotland</i>  <ul style="list-style-type: none"> <li>• Call <b>0345 119 2020</b></li> </ul>	<b>Relationships Scotland</b>  <ul style="list-style-type: none"> <li>• <a href="https://www.relationships-scotland.org.uk/">https://www.relationships-scotland.org.uk/</a></li> </ul>
	<b>Advice Direct Scotland</b>  <i>Providing free and independent advice to the citizens of Scotland</i>	<b>Advice Direct Scotland</b>  <ul style="list-style-type: none"> <li>• <a href="https://advisedirect.scot/who-we-are/">https://advisedirect.scot/who-we-are/</a></li> </ul>

Theme	Helplines	Useful Websites and Email
Financial Support and General Consumer Advice	<p><b>Citizens Advice Scotland</b></p> <p><i>Providing free and independent advice to the citizens of Scotland</i></p> <ul style="list-style-type: none"> <li>• Call <b>0800 028 1456</b></li> </ul>	<p><b>Citizens Advice Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.cas.org.uk/">https://www.cas.org.uk/</a></li> </ul>
	<p><b>National Debt Line</b></p> <p><i>Advice and support about managing debt</i></p> <ul style="list-style-type: none"> <li>• Call <b>0808 808 4000</b></li> </ul>	<p><b>National Debt Line</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.nationaldebtline.org/">https://www.nationaldebtline.org/</a></li> </ul>
	<p><b>Money Advice Scotland</b></p> <p><i>Tools to help with debt</i></p>	<p><b>Money Advice Scotland</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.moneyadvicescotland.org.uk/resources-for-people-with-money-worries">https://www.moneyadvicescotland.org.uk/resources-for-people-with-money-worries</a></li> </ul>

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