

This list is offered as a resource. Tayside Contracts is not responsible for the content of websites or other resources; neither does it endorse any organisation or service listed.

National

Breathing Space	0800 83 85 87 Mon – Thurs 6pm – 2am Weekend Fri 6pm – Mon 6am	https://breathingspace.scot/ Breathing Space is a free, confidential phone-line you can call when you're feeling down. Advisors will listen, and try to help prevent problems getting worse, offer advice and suggest local people who can help with specific problems.
Carers Trust		www.carers.org Careline offers useful information and support for all unpaid carers throughout the UK.
Childline Scotland	Freephone: 0800 1111	www.childline.org.uk Childline is a free 24 hour helpline for any child or young person with any problem
Cruse Bereavement Care	0808 808 1677 Mon – Fri 9.30 – 5pm (excluding bank holidays) Extended hours Tues, Wed and Thurs (open to 8pm). Saturday and Sunday 10.00 – 2.00pm Online chat service also available.	https://www.cruse.org.uk/ Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss
Dementia Helpline	0808 808 3000 (24 hour) freephone	www.alzscot.org Dementia Helpline provides information and emotional support for people with dementia, those who care for them and anyone with a concern or query regarding dementia
Living Life to the Full		https://l1t1f.com/ The Living Life to the Full course is a life skills course that aims to provide access to high quality, practical and user-friendly training

		in life skills and Cognitive Behaviour Therapy skills - and does so in a way that cuts through jargon
LGBT Helpline Scotland	<p>0300 123 2523</p> <p>Tues & Wed 12-9 pm or Thursday & Sunday 1-6pm or email:helpline@lgbthealth.org.uk</p> <p>Live chat online</p>	<p>https://www.lgbthealth.org.uk/services-support/lgbt-mental-health/lgbt-helpline-scotland/</p> <p>Information and support to lesbian, gay, bisexual and transgender people and their families, friends and supporters across Scotland.</p>
LGBT Youthline	<p>TEXT message support – 07786 202 370 (Monday – Friday)</p> <p>email: info@lgbtyouth.org.uk</p> <p>Live chat online</p> <p>https://www.facebook.com/lgbtys</p>	<p>www.lgbtyouth.org.uk</p> <p>LGBT Youth Scotland is a national organization working towards the inclusion of lesbian, gay, bisexual and transgender young people in the lift of Scotland.</p>
Mental Health Foundation		<p>www.mentalhealth.org.uk</p> <p>A charity that provides information carries out research, campaigns and works to improve services for anyone affected by mental health problems.</p>
National Drugs Helpline	<p>0300 1236600 (24 hours) TEXT 82111</p>	<p>www.talktofrank.com</p>
NHS 24	<p>111 (urgent help advice during out of hours)</p>	<p>www.nhs24.scot</p> <p>NHS 24 is a 24 hour health service for Scotland</p>
Parentline	<p>Call - 08000 28 22 33 Monday – Friday 9.00am – 9.00pm Saturday – Sunday 9.00am – 12.00pm</p> <p>Or online webchat</p>	<p>www.children1st.org.uk/parentline/</p> <p>ParentLine Scotland is the free, confidential telephone helpline for parents and anyone caring for a child in Scotland</p>
Penumbra		<p>www.penumbra.org.uk</p> <p>Penumbra is a Scottish mental health organisation that provides a wide range of support services for adults and young people</p>

Samaritans	116 123 (24 hour)	www.samaritans.org Confidential non judgmental emotional support for people who are experiencing feelings of distress or despair, including those which could lead to suicide
SANE	0300 304 7000 (4.30pm – 10.00pm daily)	http://www.sane.org.uk/ provides help and information to those experiencing mental health problems, their families and carers through SANEline and SANEemail, a new email support service
Scottish Association for Mental Health (SAMH)		www.samh.org.uk The Scottish Association for Mental Health is the major voluntary organisation in Scotland working to promote mental health.
Scottish Recover Network (SRN)		www.scottishrecovery.net promoting a supporting recovery from long-term mental health problems – a vehicle for learning and sharing ideas around recovery
Stonewall		https://www.stonewallscotland.org.uk/ Stonewall Scotland works to achieve equality and justice for lesbian, gay, bisexual and transgender people
Veterans First Point	Tayside Team: 01382 424029 or 07811471443	https://www.veteransfirstpoint.org.uk/ Support for veterans and their families.
Respect Men	Freephone 0808 801327 Monday – Friday 10.00am – 8.00pm info@mensadviceline.org.uk Webchat support available Wednesday 10.00am – 11.30am and 2.30pm – 4.00pm	https://mensadviceline.org.uk/ Helpline for male victims of domestic abuse.
Victim Support Scotland	Freephone 0800 160 1985 Webchat Monday – Friday 8.00am – 8.00pm and Saturday 9.00am – 1.00pm	https://victimsupport.scot/about-us/ Supporting victims of crime, witnesses and families in Scotland.

Dundee

<p>Dundee Women's Aid</p>	<p>Support Line – 01382 207099 (Mon - Fri 9.30am – 12.30pm and 1.30pm - 4.30pm)</p> <p>Domestic Abuse Helpline – 0800 027 1234 (24 hours)</p> <p>Text Line - 07763 682 105 (Mon – Fri 8.00am – 4.00pm)</p> <p>Business Line - 01382 220803 (Mon to Fri 9.00am – 4.00pm)</p>	<p>http://www.dundeeomensaid.co.uk/</p> <p>general enquiries - info@dundeewomensaid.co.uk</p> <p>Referrals - support@dundeewomensaid.co.uk</p>
<p>Hearing Voices Network</p>	<p>01382 223023 Mon – Fri 10am – 4pm</p>	<p>www.hearingvoicesnetwork.co.uk To offer support to voice hearers and their carer's. Raising awareness in society</p>
<p>Counselling Directory</p>		<p>http://www.counselling-directory.org.uk/region_95.html This website is a resource for anyone looking for support or general advise about counselling</p>
<p>Andys Man Club</p>		<p>https://andysmanclub.co.uk/</p> <p>https://www.facebook.com/Andys-Man-Club-Dundee-774840942708871/</p> <p>A space for men to talk about their problems without judgement or feeling like a burden.</p>

Angus

<p>Angus Women's Aid</p>	<p>Support Line – 01241 439427 (Mon – Thu 10.00am – 4.30pm and Friday 10.00am – 2.00pm)</p> <p>Domestic Abuse Helpline – 0800 027 1234 (24 hours)</p> <p>Business Line – 01241 439437</p>	<p>https://anguswomensaid.co.uk/contact-us.php</p> <p>general enquiries - info@anguswomensaid.co.uk</p> <p>Referrals - support@dundeewomensaid.co.uk</p>
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Perth

<p>Mindspace</p>	<p>Counselling Service – 01738 631639</p> <p>Peer Support – 01738 639657</p> <p>Recovery College – admin@mindspacepk.com Or 01738 639657</p>	<p>www.mindspacepk.com</p> <p>Mindspace Counselling Service - Counselling is delivered both in Perth City and at a number of rural locations around Perthshire. Open to individuals over 11 years of age.</p> <p>Mindspace Recovery College - where anyone in our community can learn more about living with and managing mental health. Sessions on life skills, employability skills and supporting others through peer mentoring. This is done working alongside people with lived experience of mental ill health.</p>
<p>PLUS Perth</p>	<p>01738 626242</p>	<p>www.plusperth.co.uk</p> <p>Plus is a members-led mental health organisation based in Perth</p>
<p>Andys Man Club</p>		<p>https://andysmanclub.co.uk/</p> <p>https://www.facebook.com/andysmanclubperth/</p> <p>A space for men to talk about their problems without judgement or feeling like a burden.</p>

Perthshire Women's Aid	Support Line – 01738 639043 Mon - Fri 9.00am - 4.30pm Domestic Abuse Helpline – 0800 027 1234 (24 hours) Business Line – 01738 635404 (Mon to Fri 9.00am – 4.00pm)	https://perthwomensaid.org.uk/contact-us/
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Tayside

Men Only Tayside	Does not operate a help line (signposts to helplines)	www.menonlytayside.com Information and advice for gay and bisexual men on where to get tested for HIV, Hepatitis B and STIs plus details of treatment and support available in Tayside
Money Worries/ Crisis Help Mobile App	Free to download and available for both apple and android devices. Search for Money Worries? Find the right help in a crisis in the App Store	This app was developed by NHS Tayside as a signposting resource for frontline staff in NHS Tayside and partner organisations to enable them to direct those in financial crisis, possibly as a result of changes to their income due to welfare benefit reform, towards appropriate sources of help and advice.