

## Mental Health and Alcohol Resources

### Infant and Maternal Health

**Fetal Alcohol Spectrum Disorder (FASD):** is an umbrella term that describes a range of irreversible and lifelong physical, emotional and developmental delays that may affect a person as a result of being exposed to [alcohol during pregnancy](#).

**Alcohol before, during and after pregnancy:** [free resources](#) available to anyone living or working in Greater Glasgow & Clyde.

### Child and Youth

**Young Minds:** provides useful information on how drug and [alcohol](#) use can affect mental health

**Young Scot:** provides a range of [information on alcohol](#) from the myths, to mixing drugs and alcohol

### Adults

[Alcohol and Drug Recovery Services - NHSGGC](#)

[Health Improvement - Alcohol and Drugs - NHSGGC](#)

**[NHS Glasgow & Clyde Health & Wellbeing Service Directory:](#)** information on a range of supports and services across Greater Glasgow and Clyde

**We are With You:** offer free, confidential [support with alcohol, drugs or mental health](#) from one of their local services or online

**NHS Inform:** provides range of information on [Alcohol](#) and ways to help to manage your drinking

### LGBTQ+

**Kinder Stronger Better:** provides information and advice [to LGBTQ+ people](#) about alcohol and drugs, as well as where to get help and support in Glasgow (and beyond).

### Training

**Scottish Drugs Forum:** is the national agency for drugs and alcohol training visit [Training – SDF – Scottish Drugs Forum](#)

### Helplines

**The FASD Hub Scotland:** provides help to families living with FASD through its helpline **0300 666 0006** (option 2) Tues-Thurs, 10am-2.30pm

**FRANK:** provides support around drugs. Call **0300 123 6600**, 24 hours a day, 7 days a week or Text **82111** with a question and FRANK will text you back

**Drinkline:** provide advice and support for anyone concerned about their drinking. Call **0800 7 314 314** (weekdays 9am-8pm, weekends 11am-4pm)

**Scottish Families Affected by Drugs and Alcohol:** If you are concerned about someone's alcohol or drug use contact a free and confidential helpline **08080 10 10 11**, available 9am-11pm Monday to Friday and has a call-back service on weekends

**Samaritans: 116 123.** A free and confidential support to anyone, any age. 24 hrs day, 7 days a week

**NHS Living Life: 0800 328 9655:** A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Mon-Fri 1pm -9pm

**Breathing Space: 0800 83 85 87.** A free confidential phone and web based service for people experiencing low mood, depression or anxiety. 16+. Mon-Thurs 6pm – 2pm and weekends Friday 6pm to Monday 6am