

NHS GGC

Emergency Pocket Information Card July 2022

Based on original material from Glasgow City Choose Life Forum, and RAMH Tom McAuley. Many thanks to the Multiagency Distress Collaborative Community Engagement Forum and to the Mental Health and Acute Interface Group, Clinical Reference sub-group who have worked on the development of this publication.

Family Addictions Support Service (FASS)

Concerned about a loved ones's drug use?

0141 737 3699 Mon to Fri 9am-4pm

www.fassglasgow.org

GAMH

Glasgow Association for Mental Health

For people experiencing, or recovering
from mental ill health

0141 552 5592

www.gamh.org.uk

Glasgow Council on Alcohol

Free phone Helpline:

0808 802 9000

www.glasgowcouncilonalcohol.org/

Emergency Social Work Services (Glasgow City Council)

0300 343 1505

Rape Crisis (Glasgow & Clyde)

Freephone

08088 00 00 14

www.glasgowclyderapecrisis.org.uk

Women's Aid (Glasgow)

For people who are experiencing domestic abuse

0141 553 2022

www.glasgowwomensaid.org.uk

Lifelink

Struggling with stress, anxiety or depression?

0141 552 4434

www.lifelink.org.uk

Mental Health Network

Free and impartial information about mental health

0141 550 8417

www.mhngg.org.uk

Mon to Fri 9am-5pm

Samaritans Glasgow

Need to talk?

We'll listen 24 hours a day

Freecall 116 123

www.samaritans.org/branches/glasgow

Scottish Refugee Council

For refugees and people seeking asylum

0141 248 9799

FREE Helpline 0808 196 7274

www.scottishrefugeecouncil.org.uk

See Me

End the stigma and discrimination
of mental ill health

0141 530 1111

Mon to Fri 9am-5pm

www.seemescotland.org

Breathing Space

A confidential phone line you can call
if you're feeling down

Free phone 0800 83 85 87

Weekdays: Mon to Thurs 6pm–2am

Weekend: Friday 6pm – Monday 6am

www.breathingspace.scot

Carers Trust Scotland

Emotional and practical help for carers

0300 772 7701

www.carers.org/country/carers-trust-scotland

Cruse Bereavement Care Scotland

Free bereavement support for anyone struggling
with the loss of someone close

Freephone 0808 802 6161

Mon – Fri: 9am–8pm

Weekends: 10am–2pm

www.crusescotland.org.uk

Scotland's domestic abuse and forced marriage helpline

24 hr helpline

0800 027 1234

I Am Me - Keep Safe

Raising Awareness of Disability Hate Crime

www.iammescotland.co.uk

Download 'Keep Safe Scotland' App

Petal

For those experiencing traumatic loss

01698 324 502

www.petalsupport.com

Info@petalsupport.com

Touched by Suicide

01294 274 273 or 01294 216 895

touchedbysuicidescotland@hotmail.co.uk

SAMH

Scottish Association for Mental Health

Providing mental health and social care
support, services include homelessness,
addictions and employment

0344 800 0550

Mon to Fri 9am–6pm

www.samh.org.uk

Victim Support

Supporting people affected by crime

Helpline 0800 160 1985

Mon–Fri 8am–8pm

www.victimsupport.scot

The Spark

Relationship counselling and support

0808 802 2088

www.thespark.org.uk

Mon – Thurs 9am–9pm

Fri 9am–6pm

NHS Living Life

Anyone over the age of 16 feeling low,
anxious or depressed

Free phone: 0800 328 9655

Mon - Fri 1pm–9pm

www.nhs24.scot/our-services/living-life

NHS 24

24 hour health service

Freephone 111

www.nhs24.scot