

Loneliness and Isolation Resources

Infant and Maternal

Pandas Foundation: Free helpline, **0808 1961 776** open 11am – 10pm every day to parents and their networks who need support with Perinatal Mental Illness.

Children and Young People

Childline: available via phone or online. Or CYP can try getting support from other young people on their message boards www.childline.org.uk or call free on **0800 1111**.

talktime Scotland: provide free counselling and emotional support to young people aged 12-25 with a physical disability and long term health conditions living in Scotland. Email talktimescotland@gmail.com or call/text **0774 210 104**

Young Scot: have launched **Aye Feel** to provide information for young people on how to look after your emotional wellbeing and tips on how to promote positive mindset www.youngscot.org

Young Minds: provides information on coping with self harm and suicidal feelings. <https://youngminds.org.uk/> Crisis Text service also available 24/7 **85258** and Parents Helpline: **0808 802 5544** Mon – Fri 9.30am – 4pm.

Adults

Age Scotland Helpline: for older people providing information, friendship and advice. Call free Mon-Fri 9am – 5pm **0800 12 44 222**

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 – 2am and weekends Friday 6pm to Monday 6am

Campaign to End Loneliness in Scotland: provides information and resources to help combat loneliness and isolation
<https://www.campaigntoendloneliness.org/campaign-end-loneliness-glasgow/>

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

The Silver Line: free helpline for older people open 24 hours a day, 365 days a year. Call **0800 4 70 80 90**

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