

Long Term Conditions Resources and Supports

Asthma UK: Speak to an asthma expert nurse on their helpline **0300 222 5800**. Also visit their website www.asthma.org.uk

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.

British Heart Foundation: website which hosts a section on emotional support and wellbeing www.bhf.org.uk

British Lung Foundation: helpline available **03000 030 555**, Mon – Fri 9am – 5pm

Diabetes Scotland: Call **0141 212 8710***, Monday–Friday, 9am–6pm or email helpline.scotland@diabetes.org.uk Confidential helpline (charges apply) that can provide information about the condition and take time to talk through and explore emotional, social, psychological or practical difficulties.

Heads Up: which host information on a range of disorders what helps and how to support something living with insomnia. <https://www.nhsggc.scot/your-health/heads-up-mental-health-support/>

Epilepsy Scotland: provide a free confidential helpline that provides information and emotional support to anyone affected by epilepsy. Call **0808 800 2200**, Mon-Fri 10.00am -4.30pm. Website hosts a range of information and resources www.epilepsyscotland.org.uk

NHS Inform: provides information on a range of illnesses and conditions and helps people make informed choices about their health and wellbeing www.nhsinform.scot

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

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