

Long Term Conditions Resources and Supports

Asthma + Lung UK: Get support with your condition, call **0300 222 5800**. Also visit their website [Asthma + Lung UK \(asthmaandlung.org.uk\)](https://asthmaandlung.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

Chest Heart and Stroke Scotland (CHSS): Call CHSS advice line, **0808 801 0899**. They offer support for people living with chest, heart and stroke conditions, including peer support groups, advice services and wellbeing support. [Chest Heart & Stroke Scotland](https://www.chestheartandstroke.org.uk)

Diabetes Scotland: Call **0141 413 5148**, 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.

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

Glasgow Disability Alliance: Support for disabled people and those living with long term conditions. [Glasgow Disability Alliance • Confident, Connected, Contributing](https://glasgowdisabilityalliance.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

NHS24 Mental Health Hub: Telephone advice and support on healthcare can be obtained from NHS24 by phoning 111; the Mental Health Hub is open 24/7.

PAPYRUS HOPELINE UK: free helpline for people under age 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide. Call **0300 102 2470** or Text: **88247**. Open 24/7.

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

SHOUT: A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text SHOUT to **85258**

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 **07774 210104**