

Mental Health and Alcohol Resources

Infant and Maternal

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

Alcohol Focus Scotland: provides [information](#) on alcohol and Young People.

Adults

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

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

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

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

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

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

Training

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

Helplines

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.

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

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.

NHS 24 Mental Health Hub: Telephone and advice support can be obtained from NHS24 by phone **111**; the Mental Health Hub is open 24/7.

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

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.