

If you are feeling distressed during the course of this module, please take a moment to read over the information below, which details helplines and immediate sources of support that you can access to keep well and safe.

If you are finding your emotions difficult to cope with and are having suicidal thoughts please speak to someone close to you immediately.

If you find it difficult to talk to someone you know, you could:

- Call your GP and ask for an emergency appointment.
- Call 111 Out of Hours; they will help you find the support and help you need.
- Contact your mental health crisis team if you have one.

If your life is in danger dial 999 for assistance.

Helplines and Sources of Support

Breathing Space – A free confidential phone and web-based service for people (16+) experiencing low mood, depression or anxiety.

Call 0800 83 85 87,

Week days: Monday – Thursday 6.00 pm – 2.00 am

Weekend: Friday 6.00 pm to Monday 6.00 am.

C.A.L.M (Campaign Against Living Miserably) Suicide Prevention Helpline & Website aimed at young/men but open to anyone:

Call 0800 58 58 58, 5pm – midnight 7 days a week, webchat available <https://www.thecalmzone.net/>

Childline – Children and young people can call the helpline 0800 1111 or access the 1-2-1 online chat to speak to a counsellor:

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/> Open 24 hours a day, 7 days a week.

Papyrus – a UK wide prevention of young suicide charity providing Helpline and web based support/resources for young people and professionals supporting them. Their Hopeline 0800 068 41 41 is open every day <https://www.papyrus-uk.org/>

Samaritans – Call 116 123.

Free and confidential support to anyone, any age.
Open 24 hours a day, 7 days a week.

Scotland's National Domestic Abuse & Forced Marriage Helpline & Website:

0800 027 1234, available 24/7 7 days a week. Website has lininks to support and resources in various languages including BSL
<https://www.sdafmh.org.uk/en/>

Self Injury Support – Phone support available every Monday and Thursday between 7pm-10pm: 0808 800 8088

Website hosts a range of self help resources and links to UK wide support services
<https://www.selfinjurysupport.org.uk/>

The Mix – Support for young people under 25.

Call 0808 808 4994 Open daily between 4.00 pm – 11.00 pm. Live message 1-1 chat is available about any issue from 4.00 pm – 11.00 pm, Monday – Saturday.

Victim Support Scotland – A helpline for anyone affected by a crime, regardless of whether a crime has been reported.

Call 0800 169 1985

Monday – Friday, 8.00 am – 8.00 pm

Saturday, 9.00 am – 1.00 pm

Young Minds – Crisis Messenger, free 24/7 support across the UK for those under 18 experiencing a mental health crisis. Text YM to 85258.

Amina – The Muslim Women's Resource Centre Helpline – 0808 801 0301 Monday-Friday, 10.00 am – 4.00 pm
<https://mwrc.org.uk/>

Galop – The National Helpline for LGBT+ victims and survivors of abuse and violence. Call 0800 999 5428 Monday – Thursday, 10.00 am to 8.30 pm, Friday, 10.00 am to 4.30 pm

Occupational Health Services provide specialist advice to support you at work on all matters relating to your health & wellbeing.

NHS GG&C – Staff can self-refer for a number of services including advice, physiotherapy, counselling and the alcohol & substance nurse clinic. For more information please visit

<https://www.nhsggc.scot/staff-recruitment/hrconnect/occupational-health/>

Alternatively, you can use the following contact information to get in touch with the Occupational Health Service: Call: 0141 201 0600 email: occhealth@ggc.scot.nhs.uk

Glasgow City Council – GCC occupational health service is in place to help promote and maintain the health, safety and wellbeing of all employees. The service is provided independently by People Asset Management (PAM), who are equipped with a team of occupational health professionals that can provide specialist advice and support. The OHS helpline is a service PAM provides to enable Managers and HR to phone for general occupational health information or advice. The number is 0141 428 3900. Further information can be found at:
<https://www.glasgow.gov.uk/index.aspx?articleid=30125>