

Wellness Support Leaflet

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Employee Assistance Programme

ESC Employee Assistance Programme - AXA Health

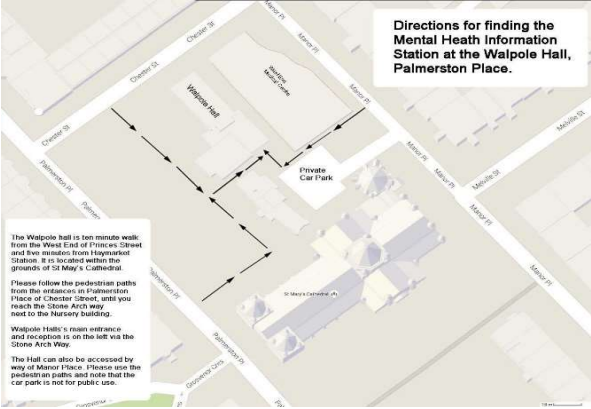
Confidential support and reliable information for ESC employees. Access the AXA Information pack [here](#) for all the programme details (internal link)

Call **0800 072 7072 (24 hours, 365 days)**

Access online help when you need it through the BeSupported programme. All Login Information is detailed [here](#) (internal link)

Ethical Standards Commissioner

Theme	Helplines	Useful Websites and Email
Emergency Mental Health Support	NHS 24 <i>Urgent health advice out of hours (when your GP is closed)</i> <ul style="list-style-type: none"> • Call 111 	NHS Inform <ul style="list-style-type: none"> • https://www.nhsinform.scot/illnesses-and-conditions/mental-health
	Samaritans <i>A safe place for people to talk anytime, in their own way, about what's getting to you</i> <ul style="list-style-type: none"> • Call 116 123 	Samaritans <ul style="list-style-type: none"> • www.samaritans.org • Email: jo@samaritans.org
	Edinburgh Crisis Centre <i>Help if you are experiencing a mental health crisis and need to talk to someone</i> <ul style="list-style-type: none"> • Call 0808 801 0414 • Text 07974 429075 	Edinburgh Crisis Centre <ul style="list-style-type: none"> • Email: crisis@edinburghcrisiscentre.org.uk
	Mental Health Information Station <i>First stop for mental health information and resources</i>	Mental Health Information Station <ul style="list-style-type: none"> • https://services.nhslothian.scot/mentalhealthinformationstation/

Theme	Helplines	Useful Websites and Email
<p style="text-align: center;">Emergency Mental Health Support</p>	<ul style="list-style-type: none"> Call 0131 537 8688 <p>10 mins walk from Thistle House</p>	<ul style="list-style-type: none"> Email: MentalHealthInformaton@nhslothian.scot.nhs.uk 
	<p>Breathing Space</p> <p><i>Free, confidential service for anyone feeling low, anxious or depressed</i></p> <ul style="list-style-type: none"> Call 0800 838 587 	<p>Breathing Space</p> <ul style="list-style-type: none"> www.breathingspace.scot
	<p>Papyrus Hopeline UK</p> <p><i>Free help for children and young people under the age of 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide</i></p> <ul style="list-style-type: none"> Call 0800 068 4141 	<p>Papyrus Hopeline UK</p> <ul style="list-style-type: none"> www.papyrus-uk.org Email: pat@papyrus-uk.org

Theme	Helplines	Useful Websites and Email
Emergency Mental Health Support	<ul style="list-style-type: none"> • Text 88247 	
	NHS Lothian Mental Health Assessment Service <ul style="list-style-type: none"> • 0131 537 6000 	NHS Lothian Mental Health Assessment Service <ul style="list-style-type: none"> • https://www.edinburgh.gov.uk/get-care-support/contact-crisis/2
	SHOUT <i>Crisis Text Service</i> <ul style="list-style-type: none"> • Text YM to 85258 	
	Glasgow Mental Health Services <i>Out of hours Community Psychiatric Nurse service</i> <ul style="list-style-type: none"> • Call 0845 650 1730 	Glasgow Mental Health Services <ul style="list-style-type: none"> • https://www.nhsggc.scot/your-health/right-care-right-place/mental-health/ Heads Up – Mental Health Support <ul style="list-style-type: none"> • https://www.nhsggc.scot/your-health/heads-up-mental-health-support/
	NHS Lanarkshire – Urgent Help NHS 24 <i>Urgent health advice out of hours (when your GP is closed)</i>	NHS Lanarkshire – Urgent Help <ul style="list-style-type: none"> • https://www.lanarkshiremindmatters.scot.nhs.uk/urgent-help/

Theme	Helplines	Useful Websites and Email
Emergency Mental Health Support	Call 111	
	<p>NHS Fife – Mental Health Emergency Services</p> <p>NHS 24</p> <p><i>Urgent health advice out of hours (when your GP is closed)</i></p> <p>Call 111</p>	<p>NHS Fife – Mental Health Emergency Services</p> <ul style="list-style-type: none"> • https://www.nhsfife.org/services/all-services/mental-health/mental-health-emergency-services/

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Theme	Helplines	Useful Websites and Email
General Mental Health Support	<p>Anxiety UK</p> <p><i>Offers a range of support for all anxiety conditions</i></p>	<p>Anxiety UK</p> <ul style="list-style-type: none"> • https://www.anxietyuk.org.uk/
	<p>Bipolar Scotland</p> <p><i>Open to those with bi-polar and their family and friends</i></p> <ul style="list-style-type: none"> • Call 0141 560 2050 	<p>Bipolar Scotland</p> <ul style="list-style-type: none"> • https://bipolarscotland.org.uk/ • Email: info@bipolarscotland.org.uk

Theme	Helplines	Useful Websites and Email
General Mental Health Support	Life SIGNS <i>Self-injury support</i>	Life SIGNS <ul style="list-style-type: none"> • https://www.lifesigns.org.uk/
	Living Life to the Full <i>Free online courses covering low mood, stress and resilience</i>	Living Life to the Full <ul style="list-style-type: none"> • https://lltff.com/
	Hearing Voices Network <i>Access various group support networks across Scotland</i>	Hearing Voices Network <ul style="list-style-type: none"> • https://www.hearing-voices.org/hearing-voices-groups/#content
	Mental Welfare Commission for Scotland <i>Can advise on rights and good practice for mental health and incapacity law, and care and treatment</i> <ul style="list-style-type: none"> • Call 0800 389 6809 	Mental Welfare Commission for Scotland <ul style="list-style-type: none"> • https://www.mwcscot.org.uk/contact-us • Email: mwc.enquiries@nhs.scot
	Mind <i>Information and support for those living with a mental health problem or supporting someone who is (open Mon – Fri 09:00 – 18:00)</i>	Mind <ul style="list-style-type: none"> • Please search for “Mind UK” from your web browser • Email: info@mind.org.uk

Theme	Helplines	Useful Websites and Email
General Mental Health Support	<ul style="list-style-type: none"> • Call 0300 123 3393 	
	<p>NHS Living Life</p> <p><i>Offers support to people in Scotland through cognitive behavioural therapy (open Mon – Fri 13:00 – 21:00)</i></p> <ul style="list-style-type: none"> • Call 0800 328 9655 	<p>NHS Living Life</p> <ul style="list-style-type: none"> • https://www.nhs24.scot/our-services/living-life/
	<p>No Panic</p> <p><i>Support for those with panic disorders (open 10:00 – 22:00)</i></p> <ul style="list-style-type: none"> • Call 0300 772 9844 	<p>No Panic</p> <ul style="list-style-type: none"> • https://nopanic.org.uk/
	<p>OCD Action</p> <p><i>Support for those living with OCD or their family, carers and friends</i></p> <ul style="list-style-type: none"> • Call 0300 636 5478 	<p>OCD Action</p> <ul style="list-style-type: none"> • https://ocdaction.org.uk/ • Email: support@ocdaction.org.uk
	<p>OCD-UK</p> <p><i>Support, education and recovery for those living with OCD or their family, carers and friends (open Mon – Fri 09:00 – 12:00)</i></p>	<p>OCD-UK</p> <ul style="list-style-type: none"> • https://www.ocduk.org/

Theme	Helplines	Useful Websites and Email
General Mental Health Support	<ul style="list-style-type: none"> Call 01332 588112 	
	Scottish Recovery Network <i>Mental Health Recovery network</i> <ul style="list-style-type: none"> Call 0300 323 9956 	Scottish Recovery Network <ul style="list-style-type: none"> https://www.scottishrecovery.net/contact/
	SAMH (Scottish Association for Mental Health) <i>Support for all Scotland's Mental Health</i>	SAMH (Scottish Association for Mental Health) <ul style="list-style-type: none"> https://www.samh.org.uk/

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Theme	Helplines	Useful Websites and Email
Addiction Support	NHS Drug Addiction Services <i>Online directory of over 200 agencies in Scotland who can help with drug treatment and care</i>	NHS Drug Addiction Services <ul style="list-style-type: none"> https://www.scottishdrugservices.com/
	NHS Alcohol Support <i>Support services for those impacted by alcohol addiction</i>	NHS Alcohol Support <ul style="list-style-type: none"> https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/

Theme	Helplines	Useful Websites and Email
Addiction Support	<p>Alcoholics Anonymous</p> <p><i>Personal recovery fellowship for those with alcohol addiction</i></p> <ul style="list-style-type: none"> • Call 0800 9177 650 	<p>Alcoholics Anonymous</p> <ul style="list-style-type: none"> • Search for “Alcoholics Anonymous” in your web browser • Email: help@aamail.org
	<p>Gamblers Anonymous Scotland</p> <p><i>Personal recovery fellowship for those with gambling addiction</i></p> <ul style="list-style-type: none"> • Call 0370 050 881 	<p>Gamblers Anonymous Scotland</p> <ul style="list-style-type: none"> • https://ga-scotland.org/
	<p>Narcotics Anonymous Scotland</p> <p><i>Support for those in recovery or who have on-going drug addiction (open 10:00 – midnight)</i></p> <ul style="list-style-type: none"> • Call 0300 999 1212 	<p>Narcotics Anonymous UK</p> <ul style="list-style-type: none"> • Search for “Narcotics Anonymous” in your web browser
	<p>Scottish Families Affected by Drugs and Alcohol</p> <p><i>Support for anyone impacted by someone else’s alcohol or drug use</i></p> <ul style="list-style-type: none"> • Call 08080 10 10 11 	<p>Scottish Families Affected by Drugs and Alcohol</p> <ul style="list-style-type: none"> • https://www.sfad.org.uk/ • Email: helpline@sfad.org.uk

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Bereavement	<p>Beautiful inside and out</p> <p><i>Hosts support information for the families of those affected by suicide</i></p> <ul style="list-style-type: none"> • Call 07984328808 	<p>Beautiful inside and out</p> <ul style="list-style-type: none"> • https://www.ataloss.org/faqs/beautiful-inside-and-out • Email: office@ataloss.org
	<p>Cruse Scotland Bereavement Support</p> <p><i>Support for those who are grieving</i></p> <ul style="list-style-type: none"> • Call 0808 802 6161 	<p>Cruse Bereavement Support</p> <ul style="list-style-type: none"> • https://www.crusescotland.org.uk/
	<p>NHS inform</p> <p><i>Hosts resources for those impacted by death and bereavement</i></p>	<p>NHS inform</p> <ul style="list-style-type: none"> • https://www.nhsinform.scot/care-support-and-rights/death-and-bereavement
	<p>Marie Curie Scotland</p> <p><i>Helpline for anyone affected by the death of a loved one</i></p> <ul style="list-style-type: none"> • Call 0800 090 2309 	<p>Marie Curie Scotland</p> <ul style="list-style-type: none"> • https://www.mariecurie.org.uk/who/what-we-do/marie-curie-scotland

Theme	Helplines	Useful Websites and Email
<p>Black, Asian and Ethnic Minority Focused Support</p>	<p>Amina Helpline</p> <p><i>Support and signposting services for Muslim women across Scotland</i></p> <ul style="list-style-type: none"> • Call 0808 801 0301 	<p>Amina Helpline</p> <ul style="list-style-type: none"> • https://mwrc.org.uk/helpline/
	<p>Saheliya</p> <p><i>Specialist mental health and well-being support for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+)</i></p> <ul style="list-style-type: none"> • Call Edinburgh: 0131 556 9302 • Call Glasgow: 0141 552 6540 	<p>Saheliya</p> <ul style="list-style-type: none"> • https://www.saheliya.co.uk/
	<p>Scottish Refugee Council</p> <p><i>Independent charity dedicated to supporting people in need of refugee protection</i></p> <ul style="list-style-type: none"> • Call 0808 196 7274 	<p>Scottish Refugee Council</p> <ul style="list-style-type: none"> • https://scottishrefugeecouncil.org.uk/

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Theme	Helplines	Useful Websites and Email
Carers	Carers UK Helpline <i>Support for carers UK wide</i> <ul style="list-style-type: none"> • Call 0808 808 7777 	Carers UK Helpline <ul style="list-style-type: none"> • https://www.carersuk.org/help-and-advice/helpline-and-other-support/ • Email: advice@carersuk.org
	Carers Trust <i>Support for carers UK wide</i>	Carers Trust <ul style="list-style-type: none"> • https://carers.org/help-and-info/introduction
	Care Information Scotland <i>Support for carers UK wide</i> <ul style="list-style-type: none"> • Call 0800 011 3200 	Care Information Scotland <ul style="list-style-type: none"> • https://www.careinfoscotland.scot/topics/support-for-carers/

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Theme	Helplines	Useful Websites and Email
Criminal Justice	Criminal Justice Alliance <i>Advocacy organisation providing links to support</i>	Criminal Justice Alliance <ul style="list-style-type: none"> • https://www.criminaljusticealliance.org/about-the-cja/where-to-find-help/

Theme	Helplines	Useful Websites and Email
Criminal Justice	<ul style="list-style-type: none"> • Call 0208 064 2218 	
	Victim Support Scotland <i>Empowering people affected by crime</i> <ul style="list-style-type: none"> • Call 0800160 1985 	Victim Support Scotland <ul style="list-style-type: none"> • https://victimsupport.scot/
	Families Outside <i>Supports families affected by imprisonment</i> <ul style="list-style-type: none"> • Call 0800 254 0088 • Text: FAMOUT to 60777 	Families Outside <ul style="list-style-type: none"> • https://www.familiesoutside.org.uk/ • Email: support@familiesoutside.org.uk

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Theme	Helplines	Useful Websites and Email
Domestic Violence and Gender Based Violence	Scotland's Domestic Abuse & Forced Marriage Helpline <i>Support and advice in multiple language options</i> <ul style="list-style-type: none"> • Call 0800 027 1234 	Scotland's Domestic Abuse & Forced Marriage Helpline <ul style="list-style-type: none"> • https://www.sdafmh.org.uk/en/ • Email: helpline@sdafmh.org.uk

Theme	Helplines	Useful Websites and Email
<p style="text-align: center;">Domestic Violence and Gender Based Violence</p>	<p>Galop</p> <p><i>Support for LGBT+ people who have experienced abuse or violence</i></p> <ul style="list-style-type: none"> • Call 0800 999 5428 	<p>Galop</p> <ul style="list-style-type: none"> • https://galop.org.uk/ • Email: help@galop.org.uk
	<p>Respect Men’s Advice Helpline</p> <p><i>The helpline for male victims of domestic abuse</i></p> <ul style="list-style-type: none"> • Call 0808 8010 327 	<p>Respect Men’s Advice Helpline</p> <ul style="list-style-type: none"> • https://mensadviceline.org.uk/ • Email: info@mensadviceline.org.uk
	<p>The Rosey Project</p> <p><i>Sexual violence prevention and support service for young women and girls in the Glasgow and Clyde area</i></p> <ul style="list-style-type: none"> • Call 0808 800 0014 	<p>The Rosey Project</p> <ul style="list-style-type: none"> • https://www.roseyproject.co.uk/
	<p>Rape Crisis Scotland</p> <p>Support for people of all genders living in Scotland aged 13+ who have been affected by sexual violence</p> <ul style="list-style-type: none"> • Call 08088 010302 • Text: 07537 410 027 	<p>Rape Crisis Scotland</p> <ul style="list-style-type: none"> • https://www.rapecrisisscotland.org.uk/help-helpline/ • Email: support@rapecrisisscotland.org.uk

Theme	Helplines	Useful Websites and Email
Domestic Violence and Gender Based Violence	<p>The National Stalking Helpline</p> <p><i>Support and information for those affected by harassment and intimidation by the behaviour of another person</i></p> <ul style="list-style-type: none"> • Call 0808 802 0300 	<p>The National Stalking Helpline</p> <ul style="list-style-type: none"> • https://www.suzylamplugh.org/pages/category/national-stalking-helpline • Email: advice@stalkinghelpline.org
	<p>Encompass Network</p> <p><i>Scottish network of agencies for those involved in or at risk of commercial sexual exploitation</i></p>	<p>Encompass Network</p> <ul style="list-style-type: none"> • https://www.encompassnetwork.info/who-we-are.html • Email: info@womenssupportproject.org.uk

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Theme	Helplines	Useful Websites and Email
Eating Disorders	<p>Beat</p> <p><i>Support to end the pain and suffering caused by eating disorders</i></p> <ul style="list-style-type: none"> • Call 0808 801 0432 	<p>Beat</p> <ul style="list-style-type: none"> • https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/ • Email: Scotlandhelp@beateatingdisorders.org.uk

Eating Disorders	Mind <i>Information and support service</i>	Mind <ul style="list-style-type: none"> • Search for “Mind UK” in your web browser and follow the link to Eating disorders
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Theme	Helplines	Useful Websites and Email
LGBTQ+	LGBT+ Helpline Scotland <i>Emotional support and information to the entire diversity of LGBT community across Scotland</i> <ul style="list-style-type: none"> • Call 0800 464 7000 	LGBT+ Helpline Scotland <ul style="list-style-type: none"> • https://www.lgbthealth.org.uk/services-support/lgbt-helpline-scotland/ • Email: helpline@lgbthealth.org.uk
	Stonewall Scotland <i>LGBTQ+ support and community</i>	Stonewall Scotland <ul style="list-style-type: none"> • https://www.stonewallscotland.org.uk/

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Theme	Helplines	Useful Websites and Email
Loneliness and Isolation	Campaign to End Loneliness	Campaign to End Loneliness

Theme	Helplines	Useful Websites and Email
Loneliness and Isolation	<i>Hosts support links and advice for those impacted by loneliness</i>	<ul style="list-style-type: none"> • Search for “Campaign to End Loneliness” in your web browser
	<p>SupportLine</p> <p><i>Support for those suffering isolation or loneliness and have experienced abuse</i></p> <ul style="list-style-type: none"> • Call 01708 765200 	<p>SupportLine</p> <ul style="list-style-type: none"> • https://www.supportline.org.uk/ • Email: info@supportline.org.uk
	<p>British Red Cross</p> <p><i>Provide local support services, workshops and resources to help you deal with and overcome loneliness</i></p> <ul style="list-style-type: none"> • Call 0808 196 3651 	<p>British Red Cross</p> <ul style="list-style-type: none"> • https://www.redcross.org.uk/get-help/get-help-with-loneliness
	<p>The Silver Line</p> <p><i>Helpline for older people ran by Age UK</i></p> <ul style="list-style-type: none"> • Call 0800 470 8090 	<p>The Silver Line</p> <ul style="list-style-type: none"> • https://www.thesilverline.org.uk/
	<p>Age Scotland</p> <p><i>The national charity for those over 50 living in Scotland</i></p>	<p>Age Scotland</p> <ul style="list-style-type: none"> • https://www.ageuk.org.uk/scotland/what-we-do/tackling-loneliness/age-scotland-helpline/

Theme	Helplines	Useful Websites and Email
	<ul style="list-style-type: none"> Call 0800 1244 222 	<ul style="list-style-type: none"> Email: helpline@agescotland.org.uk

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Theme	Helplines	Useful Websites and Email
Disability & Long-Term Conditions	Asthma + Lung UK <i>UK Lung Health Charity</i> <ul style="list-style-type: none"> Call 0300 222 5800 	Asthma + Lung UK <ul style="list-style-type: none"> https://www.asthmaandlung.org.uk/ Email: helpline@asthmaandlung.org.uk
	Arthritis Action <i>Improving the quality of life of people affected by arthritis</i> <ul style="list-style-type: none"> Call 0203 781 7120 	Arthritis Action <ul style="list-style-type: none"> https://www.arthritisaction.org.uk/
	Versus Arthritis <i>Support and information for those affected by arthritis</i> <ul style="list-style-type: none"> Call 0800 5200 520 	Versus Arthritis <ul style="list-style-type: none"> https://www.versusarthritis.org/get-help/ Email: Helpline@versusarthritis.org
	British Heart Foundation	British Heart Foundation <ul style="list-style-type: none"> https://www.bhf.org.uk/

Theme	Helplines	Useful Websites and Email
Disability & Long-Term Conditions	<p><i>Information and support for those with symptoms of heart disease</i></p> <ul style="list-style-type: none"> • Call 0300 330 3322 	
	<p>Kidney Care UK</p> <p><i>Kidney patient support charity</i></p> <ul style="list-style-type: none"> • Call 0808 801 0000 	<p>Kidney Care UK</p> <ul style="list-style-type: none"> • https://www.kidneycareuk.org/
	<p>National Kidney Federation</p> <p><i>Kidney patient support charity</i></p> <ul style="list-style-type: none"> • Call 0800 169 0936 	<p>National Kidney Federation</p> <ul style="list-style-type: none"> • https://www.kidney.org.uk/
	<p>Cancer Research UK</p> <p><i>Cancer research, information and support</i></p> <ul style="list-style-type: none"> • Call 0808 800 4040 	<p>Cancer Research UK</p> <ul style="list-style-type: none"> • https://www.cancerresearchuk.org/
	<p>Macmillan Cancer Support</p> <p><i>Supporting people living with cancer and their loved ones</i></p> <ul style="list-style-type: none"> • Call 0808 808 0000 	<p>Macmillan Cancer Support</p> <ul style="list-style-type: none"> • https://www.macmillan.org.uk/

Theme	Helplines	Useful Websites and Email
Disability & Long-Term Conditions	<p>The ME Association</p> <p><i>Support and information for those living with ME/CFS, PVFS and Long Covid</i></p> <ul style="list-style-type: none"> • Call 0344 576 5326 	<p>The ME Association</p> <ul style="list-style-type: none"> • https://meassociation.org.uk/
	<p>Action for ME</p> <p><i>Information, support and advocacy services</i></p> <ul style="list-style-type: none"> • Call 0117 927 9551 	<p>Action for ME</p> <ul style="list-style-type: none"> • https://www.actionforme.org.uk/
	<p>Diabetes UK</p> <p><i>Support and information for those affected by Diabetes</i></p> <ul style="list-style-type: none"> • Call 0345 123 2399 	<p>Diabetes UK</p> <ul style="list-style-type: none"> • https://www.diabetes.org.uk/ • Email: helpline@diabetes.org.uk
	<p>Epilepsy Scotland</p> <p><i>Support and advice for those living with epilepsy in Scotland</i></p> <ul style="list-style-type: none"> • Call 0808 800 2200 	<p>Epilepsy Scotland</p> <ul style="list-style-type: none"> • https://www.epilepsyscotland.org.uk/contact-us/ • Email: contact@epilepsyscotland.org.uk

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Disability & Long-Term Conditions	Fibromyalgia Action UK <i>U.K.'s National charity for Fibromyalgia</i> <ul style="list-style-type: none"> • Call 0300 999 3333 	Fibromyalgia Action UK <ul style="list-style-type: none"> • https://www.fmauk.org/contactsmenu/helplines
	GUT's UK <i>Committed to fighting all digestive disorders</i> <ul style="list-style-type: none"> • Call 0207 486 0341 	GUT's UK <ul style="list-style-type: none"> • https://gutscharity.org.uk/contact-us/
	Crohn's and Colitis UK <i>Information, support and advocacy services</i> <ul style="list-style-type: none"> • Call 0300 222 5700 	Crohn's and Colitis UK <ul style="list-style-type: none"> • https://crohnsandcolitis.org.uk/
	Royal Osteoporosis Society <i>Information, support and advocacy services</i> <ul style="list-style-type: none"> • Call 0808 800 0035 	Royal Osteoporosis Society <ul style="list-style-type: none"> • https://theros.org.uk/
	Pain Concern	Pain Concern <ul style="list-style-type: none"> • https://painconcern.org.uk/

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Disability & Long-Term Conditions	<p><i>Improving the lives of people living with pain and those who care for them</i></p> <ul style="list-style-type: none"> • Call 0300 123 0789 	
	<p>RNI:D</p> <p><i>Supporting people who are deaf, have hearing loss or tinnitus</i></p> <ul style="list-style-type: none"> • Call 0808 808 0123 • Text 07360268988 	<p>RNI:D</p> <ul style="list-style-type: none"> • https://rnid.org.uk/about-us/contact-rnid/ • Email: contact@rnid.org.uk
	<p>Deaf Action</p> <p><i>Deaf-led charity that supports and celebrates deaf people</i></p> <ul style="list-style-type: none"> • Call 0131 556 3128 	<p>Deaf Action</p> <ul style="list-style-type: none"> • https://deafaction.org/get-in-touch/ • Email: admin@deafaction.org
	<p>RNIB</p> <p><i>Committed to helping blind and partially sighted people</i></p> <ul style="list-style-type: none"> • Call 0303 123 9999 	<p>RNIB</p> <ul style="list-style-type: none"> • https://www.rnib.org.uk/ • Email: helpline@rnib.org.uk
	<p>Sight Scotland</p>	<p>Sight Scotland</p>

Theme	Helplines	Useful Websites and Email
Disability & Long-Term Conditions	<p><i>Supporting those with sight loss</i></p> <ul style="list-style-type: none"> • Call 0800 024 8973 	<ul style="list-style-type: none"> • https://sightscotland.org.uk/ • Email: supportline@sightscotland.org.uk
	<p>Capability Scotland</p> <p><i>Support to ensure equality for disabled people in Scotland</i></p> <ul style="list-style-type: none"> • Call 0131 337 9876 	<p>Capability Scotland</p> <ul style="list-style-type: none"> • https://www.capability.scot/contact-us
	<p>Lothian Centre for Inclusive Living</p> <p><i>Support for disabled and people and those living with long term conditions across Edinburgh and the Lothians</i></p> <ul style="list-style-type: none"> • Call 0131 475 2350 	<p>Lothian Centre for Inclusive Living</p> <ul style="list-style-type: none"> • https://www.lothiancil.org.uk/ • Email: admin@lothiancil.org.uk
	<p>Disability Information Scotland</p> <p><i>Reliable accurate and accessible information for people living with disability in Scotland</i></p> <ul style="list-style-type: none"> • Call 0300 323 9961 	<p>Disability Information Scotland</p> <ul style="list-style-type: none"> • https://www.disabilityscot.org.uk/ • Email: info@disabilityscot.org.uk • Text: 07984 367599
	<p>Glasgow Disability Alliance</p>	<p>Glasgow Disability Alliance</p> <ul style="list-style-type: none"> • https://gda.scot/what-we-do/

Theme	Helplines	Useful Websites and Email
Disability & Long-Term Conditions	<p><i>Strives to empower disabled people to become leaders in their own lives, communities and wider society</i></p> <ul style="list-style-type: none"> • Call 0141 556 7103 • Text: 07958 299 496 	<ul style="list-style-type: none"> • Email: info@gdaonline.co.uk
	<p>Mencap</p> <p><i>Advice and support for those with learning disability and their families</i></p>	<p>Mencap</p> <ul style="list-style-type: none"> • https://www.mencap.org.uk/contact/contact_mencap_direct

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Theme	Helplines	Useful Websites and Email
Maternal and Paternal Support and Mental Health Advice	<p>The Pandas Foundation</p> <p><i>For parents and their networks who need support with perinatal mental illness</i></p>	<p>The Pandas Foundation</p> <ul style="list-style-type: none"> • https://pandasfoundation.org.uk/
	<p>Cry-sis</p> <p><i>Support for parents with crying and sleepless babies</i></p> <ul style="list-style-type: none"> • Call 0800 448 0737 	<p>Cry-sis</p> <ul style="list-style-type: none"> • https://www.cry-sis.org.uk/

Theme	Helplines	Useful Websites and Email
Maternal and Paternal Support and Mental Health Advice	Father's Network Scotland <i>Building a father-friendly world, access the Dad's Directory which has over 200 organisations and services across Scotland who support dads</i>	Father's Network Scotland <ul style="list-style-type: none"> • info@fathersnetworkscotland.org.uk
	Maternal Mental Health Scotland <i>Improving the provision of perinatal mental health services</i>	Maternal Mental Health Scotland <ul style="list-style-type: none"> • https://maternalmentalhealthscotland.org.uk/
	NHS Inform <i>LGBT+ paths to parenthood and information if you are having a baby</i>	NHS Inform <ul style="list-style-type: none"> • https://www.nhs.uk/pregnancy/having-a-baby-if-you-are-lgbt-plus/ways-to-become-a-parent-if-you-are-lgbt-plus/
	Rainbow Families <i>Events, information and support for LGBTQI families</i> <ul style="list-style-type: none"> • Call 0800 464 7000 	Rainbow Families <ul style="list-style-type: none"> • https://www.lgbthealth.org.uk/services-support/rainbow-families/

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Theme	Helplines	Useful Websites and Email
Relationships	The Spark – Counselling Helpline	The Spark – Counselling Helpline

Relationships	<p><i>Help and support for mental health, your emotions and relationship problems</i></p> <ul style="list-style-type: none"> • Call 0808 802 2088 	<ul style="list-style-type: none"> • https://www.thepark.org.uk/
	<p>Relationships Scotland</p> <p><i>Counselling, mediation, and family support across Scotland</i></p> <ul style="list-style-type: none"> • Call 0345 119 2020 	<p>Relationships Scotland</p> <ul style="list-style-type: none"> • https://www.relationships-scotland.org.uk/

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Theme	Helplines	Useful Websites and Email
Financial Support and General Consumer Advice	<p>Advice Direct Scotland</p> <p><i>Providing free and independent advice to the citizens of Scotland</i></p>	<p>Advice Direct Scotland</p> <ul style="list-style-type: none"> • https://advisedirect.scot/who-we-are/
	<p>Citizens Advice Scotland</p> <p><i>Providing free and independent advice to the citizens of Scotland</i></p> <ul style="list-style-type: none"> • Call 0800 028 1456 	<p>Citizens Advice Scotland</p> <ul style="list-style-type: none"> • https://www.cas.org.uk/

Financial Support and General Consumer Advice	National Debt Line <i>Advice and support about managing debt</i> <ul style="list-style-type: none"> • Call 0808 808 4000 	National Debt Line <ul style="list-style-type: none"> • https://www.nationaldebtline.org/
	Money Advice Scotland <i>Tools to help with debt</i>	Money Advice Scotland <ul style="list-style-type: none"> • https://www.moneyadvicescotland.org.uk/resources-for-people-with-money-worries

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