



If you are struggling during the Coronavirus pandemic, below is a list of helpful resources and support services which are available to you at this time.

Affected Group	Phone	Website
Adults	NHS 24 – shortcode 111	NHS Inform Mental Wellbeing page - https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/your-mental-wellbeing/coronavirus-covid-19-your-mental-wellbeing
		Clear Your Head website - https://clearyourhead.scot/
Those experiencing suicidal thoughts, depression, low mood, or anxiety	Local GP	
	Samaritans helpline – 116 123	https://www.samaritans.org
	Breathing Space – Scotland’s national helpline for those experiencing depression - 0800 83 85 87	https://breathingspace.scot/
	SAMH - 0344 800 0500	https://www.samh.org.uk/
Pregnant women		NHS Inform Ready Steady Baby page - https://www.nhsinform.scot/ready-steady-baby
Disabilities	Scottish Commission for Learning Disability (SCLD) Helpline: 0141 248 3733	SCLD - Easy-read Coronavirus Guidance www.SCLD.org.uk
Financial aid and Social welfare help	Citizens Advice Scotland - 0800 028 1456	Citizens Advice Scotland - www.cas.org.uk
Financial aid and employment rights	Advisory, Conciliation and Arbitration Service (Acas) helpline - 0300 123 1100	Acas website - www.acas.org.uk



Parents and families	Parentline Scotland 0800 028 2233	www.parentclub.scot/coronavirus
Young people		www.young.scot/coronavirus
Older people	Helpline 0800 12 44 222	www.agescotland.co.uk
Dementia carers	Helpline 0808 808 3000	
Autism	Helpline 01259 222022	Scottish Autism website - https://www.scottishautism.org/
Domestic abuse	Helpline – 0800 027 1234	www.safer.scot
Rape victims – Rape Crisis Scotland	Helpline –08088 01 03 02	www.rapecrisisscotland.org.uk
Cancer Support Scotland	Helpline - 0800 652 4531	https://www.cancersupportscotland.org/self-help-for-your-wellbeing
Eating disorders	Beat (the UK's eating disorder charity) Helpline - 0808 801 0677	https://www.beateatingdisorders.org.uk/coronavirus
Obsessive Compulsive Disorder		OCD UK - https://www.ocduk.org/ocd-and-coronavirus-top-tips/