

Suicide, Crisis and Health Support:

Breathing Space - Emotional and Mental Health support - 0800 83 85 87

NHS24 - Out of Hours Health Care - 111

Samaritans - Emotional Support and Suicide Issues - 116 123

Papyrus - Prevention of Young Suicide - 0800 068 4141

COPE Scotland - Mental Health and Wellbeing - 0141 944 5490

Archway Glasgow - Rape and Sexual Assault Support - 0141 211 8175

Rape Crisis Scotland - Rape and Sexual Assault Support - 08088 01 03 02

Scottish Domestic Abuse Helpline - Domestic Abuse Support - 0800 027 1234

Sandyford Central Glasgow - Sexual Health Appointments and Support - 0141 211 8130

Sane - Support and Research into Mental Illness - 0300 304 7000 (4.30pm to 10.30pm daily)

Rethink Mental Illness - Mental Illness Support and Advice - 0300 500 0927

No Panic - Advice and Support for Panic Attacks, OCD and Anxiety-Based Disorders - 0844 967 4848 (10am to 10pm daily)

Self Injury Support - Support Services for Self-Harm:

Text - 07537 432444 (Tue, Wed, Thu 7pm to 9.30pm)

Webchat Support here (Tue, Wed, Thu 7pm to 9.30pm)

Helpline - 0808 800 8088 (currently closed due to COVID-19 Public Health Advice)

Homelessness

Shelter Scotland - 0808 800 4444

Glasgow City Council Community Homeless Services:

Out of Hours Service - 0800 838 502

South Glasgow - 0141 276 8201

North East Glasgow - 0141 276 6153

North West Glasgow - 0141 276 6168

Simon Community Glasgow Street Team - 0800 027 7466

Glasgow Homelessness Network - 0141 420 7272

Women's Projects and Homelessness

Women's Support Project - 0141 418 0748

Govanhill Women's Project - 0141 423 5599

CLiCK - Safety and wellbeing for women selling or exchanging sex or sexual activity online - click@sacro.org.uk

Addiction

Glasgow Drug Crisis Centre (Turning Point Scotland) - Drug Addiction Support - 0141 420 6969

Alcoholics Anonymous - 0800 917 7650 (24-hour helpline)

Narcotics Anonymous - 0300 999 1212 (10am to midnight daily)