**Suicide Prevention Resource List Glasgow City**

| **Organisation** | **Brief description of service, including whether the public can access the service in person/face to face** | **Contact details, including website** |
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| **Baby Loss Retreat** | Brief description of service including whether the public can access face to face – Baby Loss Retreat provides aftercare support to families who have been bereaved by the loss of a baby through Miscarriage, Stillbirth, TFMR, Neonatal Death and IVF complications. Our aftercare support includes Counselling, Trauma Therapy, Listening Music Therapy for siblings affected by the loss and 2 days away at one of our retreats in Scotland. We also hold 2 support groups on the last Monday of every month. | Call us on: 07555467805,  [www.babylossretreat.org.uk](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.babylossretreat.org.uk%2F&data=05%7C01%7CLarry.Callary%40ggc.scot.nhs.uk%7C9fb80a2427d94551bdba08dace3d5941%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638049060129983708%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=4knRMguHtBsp7TEXe6k5xmlO4RPd5bylbiv1phJHlGg%3D&reserved=0)  Office Hours:  Wed-Fri 9-5pm  Phone line open 24hrs |
| **Beat Eating Disorders** | Our national Helpline exists to encourage and empower people to get help quickly, because we know the sooner someone starts treatment, the greater their chance of recovery. People can contact us online or by phone. We listen to them, help them to understand the illness, and support them to take positive steps towards recovery. We also support family and friends, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health. And we campaign to increase knowledge among healthcare and other relevant professionals, and for better funding for high-quality treatment, so that when people are brave enough to take vital steps towards recovery, the right help is available to them. | Helplines [0808 801 0432](tel:0808%20801%200432) are open from 3pm– 8pm, Monday to Friday |
| [Scotlandhelp@beateatingdisorders.org.uk](mailto:Scotlandhelp@beateatingdisorders.org.uk) |
| <https://www.beateatingdisorders.org.uk/> |
| **Breathing Space** | Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone - we're here to listen. | 0800 838587. |
| [www.breathingspace.scot](http://www.breathingspace.scot). |
| Monday to Thursday 18.00-02.00 other days 18.00-06.00 |

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| **Carers Centres** | Local Charities throughout Scotland that offer advice and support to carers. They support parents of children with ADHD, advocacy services for benefit forms etc, befriending and group activities. | Various contacts for centres in each area. Glasgow, Stirling, fife, Renfrewshire Aberdeen Dundee. |

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| **Child and Adolescent Mental Health Services (CAMHS)** | Work with children and young people (0-18) and their parents, carers and families where the child I young person is experiencing moderate to severe mental health difficulties (self-harm included).  Available to discuss concerns that professionals may have about a young person. A duty worker is available each day to give advice and to discuss possible referrals for assessment and direct work. | Locality Based Teams  North 0141 201 5640  South 0141 201 5031  West 0141 207 7100  East 0141 277 7515 |
| Mon -Fri (9am -5pm) |

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| **Childline** | Provides a 24 hour helpline for young people for help and advice at any time. | Free phone 0800 1111(charges from mobiles will apply |
| [www.childline.org.uk](http://www.childline.org.uk) |
| Open 24hrs |
| **Cruse Bereavement Care Scotland** | Free bereavement support for anyone struggling with the loss of someone close (face to face, group, phone and email). Our West Area covers Glasgow City. | [0808 802 6161](tel:+448088026161) |
| [www.crusescotland.org.uk](http://www.crusescotland.org.uk) |
| Open weekdays 9am – 8pm and weekends 10am-2pm |
| **Family Addiction Support Service (FASS)** | FASS is a confidential support service for parents and adult family members affected by or concerned about a loved one's drug or alcohol use.  We offer support, counselling, advice and information to parents, spouses, partners and adult family members who due to their loved one's alcohol or drug problems are feeling the negative impact which this has on them. | [0141 737 3699](tel:) |
| <http://www.fassglasgow.org/> |
| 9:00am - 4:00pm Monday to Saturday |
| **GAMH -**  **Glasgow Association for Mental Health** | GAMH offers a range of services for people experiencing, or recovering from mental ill health. Services aim to promote recovery, increase personal networks, life and self-care skills; and community connections. Support may include 1:1 support; group activities; befriending; and peer support opportunities.  Referrals for all our services can be made by PCMH Teams; Social Care Direct, Housing; Community Addiction Teams; Homelessness Services.  GAMH also has specific projects including Young Carers; Adult Carers; Later Life Project; CALM project – access to complimentary therapies for people 60+ living with long term conditions. To discuss a referral please get in touch. | GAMH Head Office  0141 552 5592 |
| <http://gamh.org.uk/> |
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| **Get Informed**  **(Young Scot)** | Free and confidential information line. Provides details on health information services available to young people in the local area. | Free phone 0808 801 0338 (charges from mobiles will apply) |
| <https://young.scot/campaigns/ayefeel/> |
| **Glasgow Council on Alcohol (GCA)** | GCA offer Alcohol Counselling, Group Work and deliver Alcohol Brief Interventions in Glasgow & surrounding areas. | Freephone Helpline  **0808 802 9000** General enquiries  **0141 353 1800** |
| <https://www.glasgowcouncilonalcohol.org/> |
| Mon - Thur 9am – 9pm  Fri - Sat 9am – 5pm  Drop In:  Mon – Fri 9.30am -3.30pm |

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| **Hemat Gryffe Women’s Aid, Glasgow** | Support BME Women, CYP who have experienced Domestic Abuse, Forced Marriage or Honour Based Violence | Tel: [0141 353 0859](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.google.com%2Fsearch%3Fq%3Dhemat%2Bgryffe%26oq%3Dhemat%2Bgryffe%26aqs%3Dedge..69i57j0i22i30l2j0i390l4.5043j0j1%26sourceid%3Dchrome%26ie%3DUTF-8&data=05%7C01%7Clarry.callary%40ggc.scot.nhs.uk%7Cca71aae5cb374edc0fe508db00707d35%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638104255382579514%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=WM07a58cdUnwczYSyZx1lIchEtllwl17I737XXUWGpM%3D&reserved=0)  E-Mail: [womensaid@hematgryffe.org.uk](mailto:womensaid@hematgryffe.org.uk) |
| **HOPELINEUK** | HOPELINEUK advisers work to understand why thoughts of suicide might be present. They also want to provide a safe space to talk through anything happening that could be impacting on someone’s ability to stay safe.   1. For children and young people under the age of 35 who are experiencing thoughts of suicide 2. Anyone who is concerned that a young person could be thinking about suicide | Free phone 0800 068 41 41 (charges from mobiles will apply)  Or email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  Or text: 077860 039 967\* You do not have to give your name or whereabouts |
| <https://www.papyrus-uk.org/> |
| 9am to midnight every day of the year, including weekends and bank holidays |
| **Lesbian, Gay, Bisexual & Transgender Youth Scotland** | Provides a range of services and opportunities for young people, families and professionals, which aims to increase awareness and confidence as well as reducing isolation and intolerance. | Tel: 0141 552 7425 |
| [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)  [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk) |
| **LGBT Health and Wellbeing** | “Scotland’s health and wellbeing charity for LGBTQ+ adults. Working to improve the physical, social, and mental health and wellbeing of LGBTQ+ adults (16+) in Scotland through responsive support services, a social programme for our community to connect with each other, and supporting mainstream services to be more inclusive. We welcome the entire diversity of our LGBT+ community including non-binary, queer, intersex, asexual people and all identities under the LGBTQIA+ umbrella.”  We also offer counselling, one-to-one mental health support, group social and mental wellbeing events and activities. | LGBT Helpline Scotland (phone, email, LiveChat and some BSL sessions) Freephone number: 0800 464 7000 |
| [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk). |
| Tuesdays, Wednesdays and Thursdays 12-9pm and Sundays 1-6pm |
| **Lifelink** | Free service including one to one counselling and group work for adults and young people struggling with stress, anxiety, depression. Courses in stress management, relaxation and emotional literacy.  Youth service 11-18. Adult service 16+.  Counselling service available to all adults with a Glasgow postcode and young people living in Glasgow. | **Tel:** 0141 552 4434 |
| [www.lifelink.org.uk](http://www.lifelink.org.uk) |
| Mon -Fri (9am -5pm)  Saturday 9:30am - 12:30pm (pre-booked appointments only): |
| **Men Matter Scotland** | Promote wellbeing and prevent suicide in men | 0141 944 7900 |
| [contact@menmatterscotland.org](mailto:contact@menmatterscotland.org) |
| https://www.menmatterscotland.org/ |

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| **Mental Health Network** | MHNGG are a ‘user-led’ mental health collective advocacy organisation. People can access free and impartial information about mental health support and services through the website or they can call during office hours. | 0141 550 8417 |
| [www.mhngg.org.uk](http://www.mhngg.org.uk) |
| Mon – Fri 9am – 5pm |
| **National Self-Harm Network** | Offers support to individuals who self-harm to reduce emotional distress and to improve their quality of life. | <http://www.nshn.co.uk/> |
| Closely monitored, available 24/7 |
| **NHS Living Life** | A free telephone support service, based on Cognitive behavioural therapy approach, available to anyone over the age of 16 feeling low, anxious or depressed. Can be accessed with be GP referral or phoning the number directly | Free phone: 0800 328 9655 (charges from mobiles will apply) |
| [www.nhs24.scot/our-services/living-life/](http://www.nhs24.scot/our-services/living-life/) |
| Mon-Fri 1pm to 9pm |
| **NHS 24** | Health Information and Self Care Advice for Scotland. Provide an online and telephone-based service. Can answer your questions about your health and offer advice. Mental Health Senior Charge Nurses and Mental Health Nurse Practitioners provide expert clinical support within the team. | Tel: 111 |
| www.nhs24.scot |
| Open 24hrs |
| **Penumbra** | Penumbra provides essential projects for young people and adults who self-harm, offering a safe, non-judgmental space in which to explore feelings and worries. Service users are offered one-to-one and group support for as long and as often as is desired. | Tel: 0141 229 2580 |
| [www.penumbra.org.uk](http://www.penumbra.org.uk) |
| Monday to Friday  9am – 5pm |
| **PETAL** | PETAL Support is a specific bereavement grief and loss charity, primarily for immediate family members of people who have been affected by murder or post-suicide. PETAL may provide therapy (counselling) services within a limited psychotherapeutic skill set, for those bereaved family members who are appropriate to attend.  PETAL Support has offices in Glasgow, Hamilton, and Edinburgh. | Tel: 01698 324502 |
| <http://www.petalsupport.com> |
| Monday to Thursday  9pm - 5pm  Friday  9pm - 4pm |
| **Railway Mission** | The Railway Mission, a group of specially trained people who offer friendship and a listening ear to anyone connected with our nation’s railways. We provide person/face-to-face, services (telephone service in normal office hours), and we’re on hand to respond to out-of-hours emergencies. We’re an independent organisation, acting impartially and with the utmost discretion (see our website for more details). | 07718 971914 (Scotland Central and West) |
| [www.railwaymission.org](http://www.railwaymission.org) |
| Monday to Friday  9pm - 5pm |

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| **Samaritans of Glasgow** | Samaritans provide 24 hour emotional support for anyone going through a difficult time - by phone, email, text, or face to face in branches.  Service is non-judgemental and confidential. | Freecall: 116 123 (24 hrs) [0330 094 5717](tel:+443300945717) local call charges apply  Email: [scotland@samaritans.org](mailto:scotland@samaritans.org)  @samaritans |
| [Samaritans of Glasgow](https://www.samaritans.org/scotland/branches/glasgow/) |
| Samaritans of Glasgow  210 West George St (open for face to face support from 9am to 10pm 7 days a week) |
| **See Me** | ‘see me’ is Scotland’s national campaign to end the stigma and discrimination of mental ill-health. Provides information on a range of mental health issues including self-harm. | Tel: 0141 530 1111  Email: [info@seemescotland.org](mailto:info@seemescotland.org) |
| [See Me | End Mental Health Stigma and Discrimination | End Mental Health Stigma and Discrimination (seemescotland.org)](https://www.seemescotland.org/) |
| Monday –Friday  9.00am - 5.00pm |
| **Shelter** | Housing support services, housing costs, your rights, repairs to your home, eviction, repossession, homeless, sofa surfing or nowhere to stay. | Website:  [Home - Shelter Scotland](https://scotland.shelter.org.uk/) |
| **Shout** | Free and confidential text message service for those struggling with their mental health. | Text 85258  [Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | Shout 85258 (giveusashout.org)](https://giveusashout.org/) |
| **The Mix** | Essential support for under 25s. The Site offers key information on a whole range of health and wellbeing issues including self-harm for young people. They also use Crisis Messenger - a 24/7 service delivered in partnership with [Crisis Text Line](https://www.crisistextline.org/) and [Shout](https://giveusashout.org/). | Tel: 0808 808 4994 freephone  @TheMixUK  Text THEMIX to 85258 |
| [The Mix - Essential support for under 25s](https://www.themix.org.uk/) |
| 4pm to 11pm every day |
| **The Spark** | Relationship counselling and support services for individuals, couples and families Relationship education and counselling for young people. | All enquiries: 0808 802 2088 (over 18) |
| [The Spark - Igniting Change](https://www.thespark.org.uk/) |
| Mon-Thurs: 9am-9pm  Fri: 9am-4pm |
| **Touched by Suicide** | A self -help organisation, for those who have been “Touched by Suicide”, to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend. | Tel 01294 274273 |
| [Touched By Suicide Scotland (wordpress.com)](https://touchedbysuicidescotland.wordpress.com/) |

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| **Victim Support Scotland -  Glasgow** | Support for people affected by crime. One to one emotional & practical support. Information & support for those attending court as witnesses. | Victim Services for Glasgow 0141 553 2415 |
| [Victim Support Glasgow - Affected by crime in or near Glasgow?](https://victimsupport.scot/locations/victim-support-glasgow/) |
| Mon-Fri 9am --5pm  Sat 9am – 1pm |
| Scotland National Helpline 0800 160 1985 |
| [www.victimsupportsco.org.uk](http://www.victimsupportsco.org.uk) |
| 8am- 8pm weekdays  10am - 4pm on Sat and Sun |
| **Women’s Aid** | Glasgow Women‘s Aid support women, children and young people who are experiencing Domestic Abuse | Tel: 0141 553 2022 |
| [www.glasgowwomensaid.org.uk](http://www.glasgowwomensaid.org.uk) |
| Mon-Fri 9.30am –4.30pm |
| Domestic Abuse helpline | 0800 027 1234  Available 24/7 |
| [https://www.sdafmh.org.uk/en/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sdafmh.org.uk%2Fen%2F&data=05%7C02%7CLarry.Callary%40ggc.scot.nhs.uk%7Cacc33c027be3456b38c008dc7f071453%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638524915626642736%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=rAnIktMEHRfACftYJ27jrxEAuA7T6P7tAtg%2B9bRwL90%3D&reserved=0) |
| **Young Minds** | Committed to improving the emotional wellbeing and mental health of children and young people. | Website: [www.youngminds.org.uk](http://www.youngminds.org.uk) |
| **Young Scot** | Online resource that provides health information including self-harm for 11–26-year-olds. Advocacy services and supports to young carers. | Website: [www.youngscot.org](http://www.youngscot.org) |