

Other organisations that may also be able to help

Name	What they do	Contact Details
Shelter	Housing advice helpline	0808 800 4444
Scotland's Domestic Violence Helpline	Hour support for anyone affected by domestic abuse or forced marriage	0800 027 1234
Frank	Helpline for those affected by drug or alcohol use	0300 123 6600
Breathing Space	Mental health helpline	0800 83 85 87
Samaritans	Confidential, emotional support for anyone in crisis	116 123
Missing People	Helpline for those missing or missing someone	116 000
Citizens Advice Direct	Benefits, employment, debt and housing advice	0800 028 1456
Christians Against Poverty	Free debt help and money courses	0800 328 0006
Migrant Help	Free advice and guidance to asylum seekers	0808 801 0503
NHS 24	Out of hours medical advice	111
Childline	Free phone support for anyone under 19	0800 11111
People Know How	Support for increasing digital inclusion for adults / families	0800 0 590 690