

Mental Health Services

EPIC

**Emergency Pocket Information Card
Glasgow City**

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Based on the original material from;
Glasgow City Choose Life Forum & RAMH Tom McAuley

NHS 24

24 hour health service
Freephone 111
www.nhs24.com

Out of Hours

Community Psychiatric Nurse Service
0845 650 1730
Mon to Fri 8pm to 9am
Sat, Sun & Public Holidays 5pm to 9am

Breathing Space

A confidential phone line you can call if you're
feeling down
0800 83 85 87
Mon to Thurs 6pm -2am
Friday 6pm – Mon 6am (24 hrs)

**Domestic Abuse
24hr helpline
0800 027 1234**

NHS Living Life

Anyone over the age of 16 feeling low, anxious
or depressed

Free phone: 0800 328 9655
(charges from mobiles will apply)

<http://www.nhs24.com/usefulresources/livinglife/>

**Cruse Bereavement
Service Scotland**

Free bereavement support for anyone
struggling with the loss of someone close

0845 600 2227

Mon 10am-8pm, Tues 10am-6pm, Wed 10am-9pm
Thurs 9am-9pm, Fri 10am-4pm, Sat 9am-12.30pm

Womens Aid

For people who are experiencing domestic abuse

0141 553 2022

www.glasgowwomensaid.org.uk

Rape Crisis

Freephone 08088 00 00 14

www.glasgowclyderapecrisis.org.uk

**Emergency Social Work Services
0300 343 1505**

[https://www.glasgow.gov.uk/index.aspx?
articleid=17279](https://www.glasgow.gov.uk/index.aspx?articleid=17279)

Keep Safe

Download a free Keep Safe card from

jammescotland.co.uk

See All Keep Safe places by downloading the
'Keep Safe Scotland' App

Family Addictions Support Service (FASS)

Concerned about a loved ones's drug use?
0141 420 2050
www.fass-glasgow.org Mon to Fri 9am-4pm

Mental Health Network

free and impartial information about mental health
0141 550 8417
www.mhngg.org.uk Mon to Fri 9am-5pm

Petal

For those experiencing traumatic loss
01698 324502
www.petalsupport.com
Mon to Thur 9am-5pm, Fri 9am-4pm

Samaritans Glasgow

Need to talk? We'll listen 24 hours a day
Freecall 116 123
www.samaritans.org/branches/Samaritans-Glasgow

GAMH

Glasgow Association for Mental Health
For people experiencing, or recovering from mental ill health
0141 552 5592
www.gamh.org.uk

Lifelink

Struggling with stress, anxiety or depression?
0141 552 4434
www.lifelink.org.uk

The Spark

Relationship counselling and support
0141 222 2166
www.thespark.org
Mon to Wed 9am-9pm, Thur 9am-8pm,

See Me

End the stigma and discrimination
of mental ill health
0141 530 1111
Mon to Fri 9am to 5pm
www.seemescotland.org

Touched by Suicide

01294 274273 or 01294 216895
0776818499
www.touchedbysuicidescotland.org

Victim Support

Supporting people affected by crime
0345 603 9213
Weekdays 8am-8pm
www.victimsupport.org.uk

Carers Trust Scotland

Emotional and practical help for carers
<https://carers.org/country/carers-trust-scotland>

Scottish Refugee Council

For refugees and people seeking asylum
0141 248 9799
www.scottishrefugeecouncil.org.uk

Scottish Association for Mental Health

SAMH currently providing mental health social care support,
homelessness, addictions and employment services
0141 330 1000
Mon to Fri 9am - 5pm
www.samh.org.uk/about-us

Gamblers Anonymous

For those affected by gambling
0370 050 8881
(24 hours)
<https://gascotland.org/>