

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
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 .
		Monday to Thursday 18.00-02.00 other days 18.00-06.00
(CAMHS) Child and Adolescent Mental Health Services	Work with children and young people (0-18) and their parents, carers and families where the child / 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)
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
		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.	<u>0808 802 6161</u>
		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
		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)
		www.young.scot/get-informed
		Mon – Fri 10am – 6 pm
HOPELINEUK	<p>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.</p> <ol style="list-style-type: none"> 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
		Or text: 077860 039 967* You do not have to give your name or whereabouts
		https://www.papyrus-uk.org/
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
		www.lgbtyouth.org.uk
		9am - 5pm Monday to Friday
Lifelink	<p>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+.</p> <p>Counselling service available to all adults with a Glasgow postcode and young people living in Glasgow.</p>	Tel: 0141 552 4434
		www.lifelink.org.uk
		Mon -Fri (9am -5pm) Saturday 9:30am - 12:30pm (pre-booked appointments only):
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
		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/
		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

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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 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 Monday to Friday 9pm - 5pm
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 local call charges apply http://www.samaritans.org/branches/samaritans-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 https://www.seemescotland.org Monday –Friday 9.00am - 5.00pm
The Mix	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 and Shout .	Tel: 0808 808 4994 freephone www.themix.org.uk 4pm to 11pm every day

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The Spark	Relationship counselling and support services for individuals, couples and families Relationship education and counselling for young people.	Counselling enquiry 0808 802 2088 Relationship helpline 0808 802 2088 (over 18) General enquiries 0141 222 2166 Mon-Fri: 9am-5pm 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 https://touchedbysuicidescotland.wordpress.com/
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? Mon-Fri 9am --5pm Sat 9am – 1pm Scotland National Helpline 0800 160 1985 www.victimsupportsco.org.uk 8am- 8pm weekdays
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 Mon-Fri 9.30am –4.30pm
Young Minds	Committed to improving the emotional wellbeing and mental health of children and young people.	Website: 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
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.
Shout	Free and confidential text message service for those struggling with their mental health.	Text 85258
Shelter	Housing support services, housing costs, your rights, repairs to your home, eviction, repossession, homeless, sofa surfing or no where to stay.	Website: https://scotland.shelter.org.uk
Men Matter Scotland	Promote wellbeing and prevent suicide in men	Our Mission — MEN MATTER SCOTLAND