

TELEPHONE SUPPORT, ADVICE AND HELPLINES	
SERVICE	NUMBER
Action for Children Scotland (formally NCH) Support for families and young people https://www.actionforchildren.org.uk	01463 717227
Age UK Help and advice line for older adults http://www.ageuk.org.uk	0800 1692081
Al-Anon/AlaTeen 24 hour helpline for family and friends of people with alcohol problems http://www.al-anonuk.org.uk/	0141 3398884
Alcohol Counselling Inverness	01463 220995
Alcoholics Anonymous Helpline for people with alcohol problems http://www.alcoholics-anonymous.org.uk/	08457 697555
AMIS (Abused Men in Scotland) Support for any man affected by domestic abuse (0900-1600 Monday to Friday) http://www.abusedmeninscotland.org/	0808 800 0024
Ambulance	999
Beechwood House Inverness based substance misuse service	01463 711335
Breathing Space Free confidential line you can call when you are feeling down or anxious. (1800-0200 Mon to Thurs; 1800-0600 Fri to Mon) www.breathingspacescotland.co.uk	0800 838587
Drinkline Free national telephone service for alcohol advice, information and support (0900-2300 Monday to Friday)	08007 314314
Carers Scotland Helpline for carers http://www.carersuk.org/scotland	0808 8087777
Child Line Helpline for young people https://www.childline.org.uk	0800 1111
Citizens Advice – Alness Free advice for any problem Balallan 4 Novar Road Alness https://www.citizensadvice.org.uk	01349 883333

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<p>Citizens Advice – Dingwall Free advice for any problem 4 Church Street Dingwall https://www.citizensadvice.org.uk</p>	01349 864850
<p>Citizens Advice – Inverness Free advice for any problem 103 Academy Street Inverness https://www.citizensadvice.org.uk</p>	01463 235345
<p>Citizens Advice – Tain Free advice for any problem 6 Stafford Street Tain https://www.citizensadvice.org.uk</p>	01862 894382
<p>Cruse Bereavement Care Bereavement helpline http://www.cruse.org.uk/</p>	0844 4779600
<p>Ethnic Survivors Forum http://www.roshni.org.uk/esf/</p>	0808 802 2222
<p>Family Lives Family support and advice http://www.familylives.org.uk/</p>	0808 8002222
<p>Family Mediation Highland Supporting families to help their children Inverness. Free impartial help to parents and families http://www.relationships-scotland.org.uk/find-a-local-service/family-mediation-services/highland</p>	01463 712100
<p>Focus Line Helpline providing support and information for anyone affected by mental health issues, including carers and families</p>	0800 027 2127
<p>GamCare Helpline for problem gambling http://www.gamcare.org.uk/</p>	02073 785200
<p>Get Connected Free confidential helpline for young people under 25 who need help, but don't know where to turn (1100-2300 every day) http://www.getconnected.org.uk</p>	0808 808 4994
<p>Highland Drug & Alcohol Information Line http://www.highland-adp.org.uk/</p>	0844 8483778
<p>Highland User Group (HUG Spirit Advocacy) Collective advocacy group, which represents the interests of users of mental health services across the Highlands</p>	01463 718817

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www.hug.uk.net	
Hopeline Confidential support and advice to young people and anyone worried about a young person who may be at risk of suicide. PAPYRUS – Prevention of young suicide www.papyrus-uk.org	0870 1704000
In Care Survivors Service Scotland For survivors of abuse in a care setting http://www.incaresurvivors.org.uk/	0800 121 6027
Lochaber Council on Alcohol Lochaber based alcohol service http://www.lcacaol.co.uk/	01397 702340
National Domestic Violence Freephone Helpline 24 hour helpline for females who are experiencing domestic abuse, or those who care for them http://www.nationaldomesticviolencehelpline.org.uk/	0808 200 0247
NHS 24 Health information and self-care advice www.nhs24.com	08454 242424 or 111
NHS National Sexual Health Helpline	0800 567123
Open Secret Confidential support to individuals and families whose lives have been impacted by childhood abuse or trauma http://www.opensecret.org/ (0900-1700 Monday to Thursday; 0900-1500 Fridays)	
Osprey House NHS Highland drug and alcohol service http://www.nhshighland.scot.nhs.uk/Services/Pages/Drug,AlcoholService.aspx	01463 716888
ParentLine Scotland Advice and support for anyone caring for or concerned about a child http://www.children1st.org.uk/parentline-scotland	0800 8002222
Police	101
Ross-shire Council on Alcohol Ross-shire based alcohol service	01349 852438
Samaritans Helpline for people who need to talk, not just for people who feel suicidal http://www.samaritans.org/	08457 909090 116123 (free from landlines and mobiles)
Saneline Helpline for anyone concerned about mental health issues (1800-2300 Monday to Friday) http://www.sane.org.uk/	0845 7678000

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<p>Self Injury Support National organisation that supports girls and women affected by self-injury or self-harm http://www.selfinjurysupport.org.uk/</p>	<p>0808 800 8088</p>
<p>Shelter Free Housing Advice Helpline http://scotland.shelter.org.uk/</p>	<p>0808 8004444</p>
<p>Skye & Lochalsh Council on Alcohol Skye & Lochalsh based alcohol service http://www.highland-adp.org.uk/skye-and-lochalsh</p>	<p>01478 612633</p>
<p>Victim Support Support, information and advice for anyone affected by crime http://www.victimsupportsco.org.uk</p>	<p>0345 6039263</p>
<p>Women's Aid Inverness Domestic abuse helpline http://www.womensaid.org.uk</p>	<p>01463 220719</p>
<p>Women's Aid Dingwall Domestic abuse helpline http://www.womensaid.org.uk</p>	<p>01349 863568</p>
<p>Family Lives Family support and advice http://www.familylives.org.uk/</p>	<p>0808 8002222</p>
<p>YoungMinds Parents Helpline Free confidential helpline for parents of young people with mental health problems (0930-1600 Monday to Friday) http://www.youngminds.org.uk/for_parents/parent_helpline</p>	<p>0808 8025544</p>