**Contact Information for Clackmannanshire Support Services**

**Citizens Advice Bureau (CAB)**

* For financial advice and support contact:
  + **01259 219404**
  + [Clackmannanshire Citizens Advice Bureau (clackscab.org.uk)](https://www.clackscab.org.uk/)

**Food**

* **The Gate, 2 Ludgate, Alloa**
  + **Soup Pot** – This project will remain open for the time being every Tuesday 12 – 1pm providing the usual service supporting vulnerable people within the community.
  + **The Foodbank** - operates on a referral basis so if you need a food parcel please speak to your CADS/CGL worker who will discuss this with you and contact the Gate. [The Gate, Foodbank (Clackmannashire) - Places for People](https://www.placesforpeople.co.uk/about-us/community/community-projects/the-gate-foodbank-clackmannashire/#:~:text=Our%20Foodbank%20started%20in%202010,food%20to%20those%20facing%20hunger.)

**Crisis Phone Numbers**

* **Samaritans: 116 123** (24 hrs,365 days) (free to call, doesn’t show on phone bill)
  + email:[jo@samaritans.org](mailto:jo@samaritans.org)
* **Shout:** (text support, free to use)
  + Text: “shout” to **85258**
* **Breathing Space: 0800 83 85 87** (6pm-2am Mon-Thurs & 6pm Fri-6am Mon)
  + [www.breathingspace.scot](http://www.breathingspace.scot)
* **Sane Line: 0845 767 8000** 6pm – 11pm, 7 days per week
* **Women’s Aid** (Domestic Abuse) **0800 027 1234**
  + [www.sdafmh.org.uk](http://www.sdafmh.org.uk)

**Online Self Help**

* **Self Help Guides:** 
  + [www.selfhelpguides.ntw.nhs.uk/forthvalley](http://www.selfhelpguides.ntw.nhs.uk/forthvalley)
* **Living Life** (telephone talking therapy)
  + **0800 328 9655** (Mon-Fri 1pm-9pm)
  + [www.breathingspace.scot/living-life](http://www.breathingspace.scot/living-life)
* **Victim Support Scotland** (Domestic Abuse)
  + **0345 603 9213** – 8am-8pm
  + [www.victimsupport.scot](http://www.victimsupport.scot)
* **Mindfulness:** 
  + [www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/](http://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/)
* **Stress and Breathing Techniques:**
  + [www.nhsinform.scot](http://www.nhsinform.scot) (search “steps for stress”)

**Substance Use**

* **Change, Grow, Live**

Provide entry into substance use support, including partnership with NHS Substance Use Service. Accept self-referrals and referrals from all sources e.g. families, professionals, concerned others

* + freephone **0808 1962188**
  + [**https://www.changegrowlive.org/recovery-service-forth-valley**](https://www.changegrowlive.org/recovery-service-forth-valley)
* **Recovery Scotland**
  + **01324 874969**
* **Transform Forth Valley**
  + **01259 272112**

**Apps (Free)**

* **Calm** - meditate, sleep, relax
* **Headspace** (introduction free)
* **The Mindfulness App**
* **Catch It** - for depression
* **CBTi Coach** for insomnia and poor sleep

**Utility Companies - Assistance Gas & Electricity**

* British Gas – **0333 202 9802**
* EDF **– 0333 200 5100**
* EON – **0345 052 000**
* N Power – **0800 073 3000**
* Scottish Power – **0800 027 0072**
* SSE – **0345 025 2658**