FOR BOTH PHYSICAL AND MENTAL EMERGENCIES WHERE THE WELLBEING OF A PERSON IS AT RISK

PHONE 999

CHILD PROTECTION CONCERNS

|  |  |
| --- | --- |
| **Out of Hours Social Work Services** | 01786 470500 (after 5pm and at weekends) |
| Local Social Work Departments |  |
| **Stirling** | 01786 404040 |
| **Clackmannanshire** | 01259 225000 |
| **Falkirk** | 01324 506400 |

ADULT PROTECTION CONCERNS (over 16 years old)

|  |  |
| --- | --- |
| **Clackmannanshire Council** |  |
| Daytime | [01259 727010](tel:+441259727010) |
| **Stirling Council** |  |
| Daytime | [01786 404040](tel:+441786404040) |
| **Falkirk Council** |  |
| Daytime | [01324 506070](tel:+441324-506070) |
| **All Council area** |  |
| Evenings/Weekends | [01786 470500](tel:+441786470500) |

|  |  |
| --- | --- |
| Other |  |
| **Police – Non urgent** | 101 |
| **Police Family Unit** | 01324 574958 |

FOR SUPPORT AND REFERRAL INTO SERVICES WITHIN THE NHS SUBSTANCE USE SERVICE

|  |  |
| --- | --- |
| Change Grow Live (CGL) |  |
| telephone | 0808 1962188 |
| website | https://www.changegrowlive.org/recovery-service-forth-valley |

ADDITIONAL SOURCES OF SUPPORT

**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”)

**Support for Carers**

* Carers Trust - [Homepage - Carers Trust](https://carers.org/)
* Carers UK - [Scotland | Carers Scotland (carersuk.org)](https://www.carersuk.org/scotland)