



## **Useful contacts over the winter months**

### **Support with your mental health**

- Scottish Borders Mental Health Support: 0300 100 1800 or 01896 826000
- CRUSE Bereavement Care: 0808 802 6161

### **Advocacy/ Legal**

- Borders Independent Advocacy Service: 01896 752200
- Scottish Borders Domestic Abuse Advocacy Service: 01835 825 024

### **Housing**

- Shelter Scotland's Housing Advice Call: 0808 800 4444
- Scottish Borders Homelessness services: 01896 661385
- Home Energy Scotland for advice and help heating your home Call: 0808 808 2282
- Scottish Borders Housing Support service: 01896 661385

### **Support with substance misuse**

- Alcoholics Anonymous (24/7) Call: 0800 917 7650
- Drinkline Scotland (weekdays 9am – 9pm, weekends 10am – 4pm) Call: 0300 123 1110
- Narcotics Anonymous (Open 10am-12am everyday) Call: 0300 999 1212
- Gamblers Anonymous Scotland (24/7) Call: 0370 050 8881
- Al-anon (open 10am to 10pm) Call: 0800 0086 811

### **Listening services**

- Samaritans National Line (24/7) Call: 116 123
- Breathing Space (open 6pm-2am weekdays, Friday 6pm – Monday 6am weekends) Call: 0800 83 85 87
- Silverline for older people (open 24/7) Call: 0800 470 8090
- CALM suicide prevention for men (open 5pm-12am) Call: 0800 58 58 58

### **Money**

- Citizens Advice Scotland Call: 0131 550 1000
- Scottish Welfare Fund Call: 0300 100 1800
- National Debtline Call: 0808 808 4000

### **Health and wellbeing**

- NHS 24 (including dentist) Call: 111
- NHS Inform Helpline (24/7 during COVID-19) Call: 0800 22 44 88
- Scottish Borders Out of Hours Social Work: 01896 752111



## **Foodbanks**

You must be referred by an agency to access a foodbank.

Contact Citizens Advice, or your GP. For referrals during the winter public holidays, contact social work out of hours: 01896 752111

## **Support for carers**

- Scottish Borders Carers Centre: 01896 752431

## **Emergency contacts open 24/7**

- Emergency Services Call: 999
- National Gas Helpline Call: 0800 111 999
- UK Powercut Helpline Call: 105
- Scottish Water Helpline Call: 0800 0778 778

## **Keeping safe**

- Police (non-emergency) Call: 101
- Scottish Borders Rape Crisis: 01896 661 070
- Rape Crisis Scotland Call: 0808 801 0302
- Borders Women's Aid: 01835 863 514
- Scottish Women's Aid Call: 0800 027 1234
- LGBT Domestic Abuse Helpline Call: 0300 999 5428
- Victim Support Scottish Borders: 01896 751 212
- Victim Support Call: 0800 160 1985