

Service	About	Contact	Email / Web Link
Breathing Space	A service for anyone who may be feeling down, depressed, worried or anxious and needs to talk to someone during the evening or night.	0800 83 85 87 Mon to Fri: 6pm - 2am. Weekends: 6pm - 6am.	Web: https://breathingspace.scot/
Lone Parent Helpline	For any single parent needing information or advice, including personalised benefit calculations, information about returning to work and childcare, factsheets and local sources of help.	0808 801 0323 Mon - Fri: 9.30am - 4pm Free from a landline; mobile charges vary.	Email: helpline@opfs.org.uk
Scottish Domestic Abuse Helpline	Phone the Scottish domestic abuse helpline for information and support. Calls are answered by women with training in all aspects of domestic abuse. Records of calls will not appear on phone bills.	0800 027 1234 24 -7 service Landline free mobile charges may vary.	Email: info@scottishdomesticabusehelpline.org.uk
Financial Health Check – Citizens Advice Scotland.	Free and confidential financial health check and advice for families in Scotland to help with reducing household bills and maximising income.	0800 085 7145	Web: https://www.cas.org.uk/
Scottish Families Affected by Alcohol or Drugs	A free, confidential helpline which provides listening support and advice to anyone concerned about someone else's alcohol or drug use.	08080 10 10 11 Mon to Fri 9am -11pm Sat to Sun 5pm - 11pm.	Email: helpline@sfad.org.uk Web: https://www.sfad.org.uk/
Young Minds	Worried about a child or young person's mental health? Young Minds provides help and information.	0808 802 5544 Mon - Fri 9.30am - 4pm	
Contact	Offers advice, information and support for families with a child with any additional need or disability.	0808 808 3555	Email: Scotland.office@contact.org.uk

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Scottish Child Law Centre	Advice from solicitors on all aspects of Scottish law relating to children and young people including: parental rights and responsibilities, contact and residence, children's hearings and education.	0131 667 6333 Mon - Fri 9.30am – 4pm Landline standard rate; mobiles may vary.	Email: advice@sccl.org.uk Web: http://www.sccl.org.uk/
Samaritans	Emotional support, for people who are experiencing feelings of distress or despair, including those which could lead to suicide.	0131 556 7058 24 - 7 service All calls are free.	Email: scotland@samaritans.org
Working Families	Helps working parents and carers find information about employment rights, benefits, parental leave and maternity discrimination.	0300 012 0312	Email: advice@workingfamilies.org.uk
Sleep Scotland	Sleep Scotland's free Sleep Support Line provides on-the-spot guidance to parents and guardians struggling with their children's and teenagers' sleep problems.		Email: sleepsupport@sleepscotland.org enquiries@sleepscotland.org
Families Outside – support for prisoners' families.	A Scottish based helpline offering advice, support and local signposting to the families of prisoners.	0800 254 0088 Text 60777 FAMOUT Free from a landline; mobiles may vary.	Email: support@familiesoutside.org.uk