**Applied Suicide Intervention and Skills Training (ASIST)**

**Creating Suicide Safer Communities: Supporting Organisations**

This list is current as of March 23. When signposting, it is advisable to check the resource is still available.

**East Renfrewshire Council Services**

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| Adult Service Initial Contact Team | 0141 800 7850 |
| HSCP Social Work Request for Assistance | 0141 577 8300 |
| Healthier Minds Website | <https://blogs.glowscotland.org.uk/er/healthierminds/> |

**Get Help Now**

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| **Childline** | 24 hour helpline for young people for help and advice at any time. | Freephone 0800 1111(charges from mobiles will apply  [www.childline.org.uk](http://www.childline.org.uk) |
| **Shout** | Free and confidential text message service for those struggling with their mental health. | Text 85258  <https://www.youngminds.org.uk/> |
| **Samaritans** | 24 hour confidential, emotional support for anyone going through a difficult time - by phone, email, text, or face to face in branches. | Freephone: 116 123 (24 hrs)  [www.samaritans.org.uk](http://www.samaritans.org.uk) |
| **Breathing Space** | Free, confidential emotional support  Monday to Thursday 18.00-02.00 other days 18.00-06.00  Mon -Fri (9am -5pm) | 0800 838587.  [www.breathingspace.scot](http://www.breathingspace.scot) |
| **Emergency Services** | In an emergency call free | 999 |

**National Support Organisations**

Mental Health Support

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| Breathing Space Scotland | A free, confidential, phone and webchat service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety. | [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk) |
| Childline | A free, private and confidential service where you can talk about anything. We’re here for you online, on the phone, anytime. | [www.childline.org.uk](http://www.childline.org.uk) |
| Penumbra | Penumbra Mental Health are a charity providing dedicated services for people experiencing mild to serious and enduring mental ill health. We support people on their journey to better mental health, by working with each person to find their own way forward. The power of people’s lived experience enables us to provide pioneering services which transform lives. | <http://www.penumbra.org.uk/> |
| The Mix | The Mix is the UK’s leading support service for young people. They offer support with a variety of issues including mental health, money, homelessness, finding a job, relationships, and drugs. A helpline is available via our online community, on social, through our free, confidential helpline or our counselling service. | [www.themix.org.uk](http://www.themix.org.uk) |
| Young Minds | Resources available for young people, parents/carers and professionals to support mental wellbeing or to help support someone who's struggling. | [www.youngminds.org.uk](http://www.youngminds.org.uk) |
| Depression Alliance | Comprehensive resources to help overcome depression. | [www.depressionalliance.org](http://www.depressionalliance.org) |
| NHS24 | Living Life is a free phone service offering CBT to anyone in Scotland over 16 years of age with, low mood, mild to moderate depression, anxiety | [www.nhs24.scot/our-services/living-life/](http://www.nhs24.scot/our-services/living-life/) (16+) |
| **Glasgow Postcodes** | | |
| Glasgow Association for Mental Health (GAMH) | GAMH offer a range of individualised support to support people who experience mental health problems | <http://gamh.org.uk> |
| Lifelink | Adults  We provide counselling and support services to those experiencing mental health difficulties such as stress, anxiety and depression.  Young People  Lifelink works with young people aged from 11 to 18 in the community and in partnership Schools across Glasgow City and West Dunbartonshire.  Business  Lifelink can work with your team to develop and implement initiatives and strategies within your workplace which help to promote positive overall health and well-being and improve job performance. | [www.lifelink.org.uk](http://www.lifelink.org.uk) |
| Samaritans | Samaritans offer a 24hr helpline and are contactable via phone, email or letter.  They also offer a free self-help app. | [www.samaritans.org.uk](http://www.samaritans.org.uk) |
| SAMH |  | <https://www.samh.org.uk/> |
| SAMH Time for You (16+) | Time for you is an online wellbeing support service for anyone experiencing mild to moderate emotional or mental health difficulties ages 16+ living in Scotland. Time for you offers access to wellbeing coaching and counselling for anyone experiencing symptoms that have a limited effect of their daily life. | [https://www.samh.org.uk](https://www.samh.org.uk /about-us/our-work/time-for-you?mc_cid=00f4aeddf4&mc _eid=abf485ff65)  [/about-us/our-work/time-for-you?mc\_cid=00f4aeddf4&mc \_eid=abf485ff65](https://www.samh.org.uk /about-us/our-work/time-for-you?mc_cid=00f4aeddf4&mc _eid=abf485ff65) |
| SANE | **SANE has a range of services to help improve the quality of life for anyone affected by mental illness including a helpline, online community and useful resources.** | [www.sane.org.uk](http://www.sane.org.uk) |
| The CALM Zone (for men)  Campaign Against Living Miserably | Resources to help support individuals with experiencing poor mental health including suicidal thoughts. | [www.thecalmzone.net](http://www.thecalmzone.net) |
| Amina – The Muslim Women’s Resource Centre | Offers various services to promote mental wellbeing for Muslim women. | [www.mwrc.org.uk](http://www.mwrc.org.uk) |
| Stress.org | Guidance and resources on understanding and dealing with stress. | [www.stress.org](http://www.stress.org) |

Abortion

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| Care Confidential | Free, confidential, non-judgemental help for unplanned pregnancy or following an abortion | [www.careconfidential.com](http://www.careconfidential.com) |

Alcohol

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| AA | Offer support for individuals struggling with drinking-problems. They offer support through group meetings, and have a helpline via phone or online chat. | [www.aa-gb.org.uk](http://www.aa-gb.org.uk) |
| Al-anon | Al-Anon Family Groups UK offers support for anyone whose life is or has been affected by someone else’s drinking. | [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk) (for family of person with alcohol problems) |

Anxiety

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| Anxiety UK | Support for individuals experiencing anxiety including access to anxiety-support groups and useful resources. | [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) |
| Social-anxiety.org (SAUK) | Social anxiety UK provide information and guidance for individuals experiencing social anxiety as well as access to a forum and chatroom. | [www.social-anxiety.org.uk](http://www.social-anxiety.org.uk) |
| Anxiety Care | Offer group sessions, as well as face to face counselling. Read more in Support Services. | [www.anxietycare.org.uk](http://www.anxietycare.org.uk) |
| Mind | We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. | [www.mind.org.uk](http://www.mind.org.uk) |

Bereavement

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| Cruse Scotland | Cruse Bereavement Care Scotland provides professional support for bereaved adults, children and families across Scotland. We also train and educate individuals and organisations to help bereaved people. | www.crusescotland.org.uk |
| Child Bereavement UK | Offer support for children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying. Offer free, confidential bereavement support for individuals, couples, children, young people, and families, by telephone, video or instant messenger, wherever you live in the UK. We also offer face-to-face support from a number of locations. | [www.childbereavementuk](http://www.childbereavementuk .org)  [.org](http://www.childbereavementuk .org) |
| Petal Support | This service is exclusively for people who are victims, and may also be witnesses, affected by serious crime which involves, Murder, Culpable Homicide, and immediate family members of people who have taken their own life in Scotland or abroad.  The service provides support for Adults, Children, and Young People, who are experiencing bereavement trauma, grief, and loss, that is associated with the death of family member in tragic circumstances. | <http://www.petalsupport.com>  (Suicide or Murder support) |
| Hope Again@ Cruse | Hope Again is the youth website of Cruse Bereavement Support. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. | [hopeagain@cruse.org.uk](mailto:support@childbereavementuk.org)  (For young people) |
| Winstons Wish | We support grieving children and young people after the death of someone important. | [www.winstonswish.org.uk](http://www.winstonswish.org.uk) |
| Touched by Suicide Scotland | Self Help organisation, whom has been “Touched by Suicide”, we exist to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend. Offer emotional and practical support including: Confidential telephone helpline, Support information, Help by e-mail, Group meetings, Network meetings and Information relating to practical issues and problems | https://touchedbysuicidescotland. wordpress.com/ |

Carers

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| East Renfrewshire Carers | Support for young carers. | https://www.eastrenfrewshire carers.co.uk/ |

Counselling

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| Garnethill Centre | The Garnethill Centre has been provides 1.1. and group counselling sessions. | [www.garnethillcentre.org.uk](http://www.garnethillcentre.org.uk) |
| Scottish Huntington’s Association | Provides support for individuals and families impacted by Huntington’s disease including a Youth Service to provide 1-2-1 outreach, peer support, summer camps and workshops to build the resilience, confidence and knowledge our young people need to cope with the challenges of today and prepare for what’s to come. | [www.hdscotland.org.uk](http://www.hdscotland.org.uk) |

Domestic Violence

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| Domestic Abuse.co.uk | Bring together organisations working on the frontline of domestic abuse across the UK with the legal sector to deliver joined-up instant legal assistance and protection for victims | [www.domesticabuse.co.uk](http://www.domesticabuse.co.uk) |
| Mens Advice Line | The Helpline for male victims of domestic abuse | [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk) (for men experiencing domestic abuse) |

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| LGBT Youth | Scotland’s national charity for LGBTI young people, working with 13–25 year olds across the country. We also deliver the LGBT Charter programme to schools, organisations and businesses. | [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk) |

Lesbian, Gay Bisexual & Transgender Youth Scotland

Family Counselling and Mediation

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| Relationships Scotland | Counselling, mediation and family support | https://www.relationships-scotland.org.uk/ |

Relationship Counselling

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| The Spark | Provide [couples counselling](https://thespark.org.uk/relationship-support-for-couples-individuals/couple-counselling/), [marriage counselling](https://thespark.org.uk/relationship-support-for-couples-individuals/marriage-counselling/), [individual counselling](https://thespark.org.uk/relationship-support-for-couples-individuals/), [youth counselling](https://thespark.org.uk/children-young-people/) and [family counselling](https://thespark.org.uk/relationship-support-parents-families/family-counselling/) and [school-based counselling services](https://thespark.org.uk/children-young-people/) in Scotland. | [www.Thespark.org.uk](http://www.Thespark.org.uk) |

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| Know the Score | Support for young people and drug use including help line. | [www.knowthescore.info](http://www.knowthescore.info) |

Miscarriage

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| Miscarriage Support | Provide counselling for women and couples in Scotland who have suffered miscarriage, stillbirth or neonatal loss. | [www.miscarriagesupport.org.uk](http://www.miscarriagesupport.org.uk) |

Panic Attacks

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| Mind.org | Explains anxiety and panic attacks, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family. | [https://www.mind.org.uk/ information-support/types-of- mental-health-problems/ anxiety-and-panic-attacks /panic-attacks/](https://www.mind.org.uk/%20information-support/types-of-%20mental-health-problems/%20anxiety-and-panic-attacks%20/panic-attacks/) |
| Panic-attacks.co.uk | Read Anxiety and Panic Attacks articles below or [browse Anxiety Treatment hypnosis sessions here](https://www.hypnosisdownloads.com/anxiety-treatment). | [www.panic-attacks.co.uk](http://www.panic-attacks.co.uk) |

Homeless

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| Shelter | Supporting individuals with concerns around housing and homelessness. | <https://scotland.shelter.org.uk> |

Rape and Sexual Assault

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| Rape Crisis Scotland | Support for individuals impacted by rape. Helpline available. Support and advice given in a range of languages including BSL. | [www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk) |

Self-harm

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| First Signs | Support for individuals to reflect on the issues behind their self-harm, and to develop and explore alternative coping mechanisms.  Information and advice for professionals working with individuals who self-harm. | [www.firstsigns.org.uk](http://www.firstsigns.org.uk) |
| Heads Above the Waves | Heads Above The Waves is a not-for-profit organisation that raises awareness of depression and self-harm in young people. We promote positive, creative ways of dealing with the bad days.  Offer information and advice around self-harm and digital workshops. | https://hatw.co.uk/ |
| National Self Harm network | Online forum to support individuals who self-harm and family/carers of young people who self-harm. | <http://www.nshn.co.uk/> |

Self-help

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| Get Self Help | This website provides CBT self help and therapy resources | [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) (free downloads) |
| Video Jug |  | [www.videojug.com](http://www.videojug.com) |
| Psychology Tools | Resources on a range of topics to promote mental wellbeing. | [www.psychologytools.com](http://www.psychologytools.com) |

Sexual Health

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| Sandyford | Sandyford provides an integrated sexual and reproductive health service across the NHS Greater Glasgow and Clyde area. | [www.sandyford.org](http://www.sandyford.org) |

Suicide

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| Papyrus | PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. We are open 9am–midnight every day. | <https://papyrus-uk.org/> |
| Our Mission – Men Matter Scotland | This service aims to promote wellbeing and to prevent suicide in men.  Website offers information, advice and access to 1.1. peer support and group support. | [Our Mission — MEN MATTER SCOTLAND](https://www.menmatterscotland.org/about) |

Victims of Murder and Suicide

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| Petal Support | Support people who are experiencing bereavement grief, trauma, and loss (affected by murder, culpable homicide, and suicide) | [www.petalsupport.com](http://www.petalsupport.com) |
| Survivors of bereavement by suicide (SOBS) | We offer peer led support groups, online virtual support groups, a national telephone helpline, online community forum and email support for individuals over the age of 18, impacted by suicide loss in the UK. | [https://uksobs.org](http://www.childbereavementuk.org) |

Victim Support

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| Victim Support Glasgow | Offer confidential, free support for victims and witnesses of crime, and have appointments available to meet with our support team. | [Victim Support Glasgow - Affected by crime in or near Glasgow?](https://victimsupport.scot/locations/victim-support-glasgow/) |