

Applied Suicide Intervention and Skills Training (ASIST)

Creating Suicide Safer Communities: Supporting Organisations

This list is current as of June 25. When signposting, it is advisable to check the resource is still available.

East Renfrewshire Council Services

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

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
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) https://www.samaritans.org/scotland/
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
Talking Points East Renfrewshire	We're here to help you with information, advice and support on anything related to your health, wellbeing, social care and community supports.	https://eastrencommunityhub.org.uk/talking-points/
Emergency Services	In an emergency call free	999

National Support Organisations

Mental Health Support	https://www.samaritans.org/scotland/ https://www.samh.org.uk/ www.sane.org.uk www.thecalmzone.net (United Against Suicide)	www.breathingspacescotland.co.uk www.childline.org.uk https://www.childrenfirst.org.uk/get-support/support-line/ http://www.penumbra.org.uk/ www.themix.org.uk
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	www.mwrc.org.uk (Muslim Women Resource Centre) www.stress.org SAMH Time for You (16+): https://www.samh.org.uk/about-us/our-work/time-for-you?mc_cid=00f4aedd4&mc_eid=abf485ff65 GAMH Community Hub (Flourish House) SAMH – The Nook	www.youngminds.org.uk hatw.co.uk/ https://www.megansspace.com/ https://www.nhs24.scot/how-we-can-help/living-life/(16+) Glasgow Postcodes: http://gamh.org.uk www.lifelink.org.uk
Abortion	https://www.bpas.org/abortion-care/considering-abortion/advice-and-counselling/	https://www.glasgowhelps.org/services/post-abortion-support
Additional Support Needs	https://www.avalon.scot/	https://connect.scot/resources/additional-support-learning-useful-information
Alcohol	www.aa-gb.org.uk	www.al-anonuk.org.uk (for family members affected by others' alcohol problems)
Anxiety	www.anxietyuk.org.uk www.social-anxiety.org.uk	www.anxietycare.org.uk www.mind.org.uk
Bereavement	www.crusescotland.org.uk www.childbereavementuk.org http://www.petalsupport.com (Suicide or Murder support)	https://www.hopeagain.org.uk (For young people) www.winstonswish.org.uk https://touchedbysuicidescotland.wordpress.com/ https://www.sands.org.uk/ (baby loss)
Carers	https://www.eastrenfrewshirecarers.co.uk/	
Counselling	www.garnethillcentre.org.uk	https://www.counselling-directory.org.uk/
Domestic violence	https://www.sdafmh.org.uk/en/contact-us/	www.mensadvice.org.uk (for men experiencing domestic abuse)
Lesbian, Gay, Bisexual & Transgender Youth Scotland	www.lgbtyouth.org.uk	

Support for Men	www.mensadviceline.org.uk	https://barrheadmensshed.weebly.com/
Substance Misuse	www.knowthescore.info	www.talktofrank.com
Family break-up	https://www.relationships-scotland.org.uk/family-mediation/support-for-separated-parents	
Relationship counselling	www.Thepark.org.uk	
Miscarriage	www.miscarriagesupport.org.uk	
Homeless	https://scotland.shelter.org.uk	
Rape and Sexual Assault	www.rapecrisisscotland.org.uk	
Self-harm	https://selfharmnetworkscotland.org.uk/	http://www.nshn.co.uk/ https://www.megansspace.com/
Self-Help	www.getselfhelp.co.uk (free downloads) https://www.megansspace.com/	www.livinglifetothefull.com
Sexual Health	www.sandyford.org	
Suicide	https://papyrus-uk.org/ https://www.menmatterscotland.org/about https://www.megansspace.com/	https://touchedbysuicidescotland.wordpress.com/ www.thecalmzone.net http://www.petalsupport.com
Victims of Murder and Suicide	www.petalsupport.com	

Victim Support	https://victimsupport.scot/get-support/find-a-service/glasgow/	