

**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	<a href="https://blogs.glowscotland.org.uk/er/healthierminds/">https://blogs.glowscotland.org.uk/er/healthierminds/</a>

**Get Help Now**

<b>Childline</b>	24 hour helpline for young people for help and advice at any time.	Freephone 0800 1111(charges from mobiles will apply <a href="http://www.childline.org.uk">www.childline.org.uk</a>
<b>Shout</b>	Free and confidential text message service for those struggling with their mental health.	Text 85258 <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>
<b>Samaritans</b>	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) <a href="https://www.samaritans.org/scotland/">https://www.samaritans.org/scotland/</a>
<b>Breathing Space</b>	Free, confidential emotional support Monday to Thursday 18.00-02.00 other days 18.00-06.00 Mon -Fri (9am -5pm)	0800 838587. <a href="http://www.breathingspace.scot">www.breathingspace.scot</a>
<b>Talking Points East Renfrewshire</b>	We're here to help you with information, advice and support on anything related to your health, wellbeing, social care and community supports.	<a href="https://eastrencommunityhub.org.uk/talking-points/">https://eastrencommunityhub.org.uk/talking-points/</a>
<b>Emergency Services</b>	In an emergency call free	999

**National Support Organisations**

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

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

Victim Support	<a href="https://victimsupport.scot/get-support/find-a-service/glasgow/"><u>https://victimsupport.scot/get-support/find-a-service/glasgow/</u></a>	