Forth Valley

Health and Wellbeing/Substance Use Support Services

Other free and confidential information and advice is available from:

Alcoholics Anonymous
Helpline : 0800 917 7650
www.alcoholics.anonymous.org.uk

Drinkline:
0300 123 1110

AlAnon/ Alateen
For Family and Friends of alcoholics
Helpline: 0207 403 0888

Cocaine Anonymous
Helpline: 07526 943554

Know the Score (drugs):
0800 587 5879

Gamblers Anonymous
Helpline: 0370 050 8881

Narcotics Anonymous
Helpline: 0300 999 1212

Families Anonymous
Helpline: 0207 498 4680

Smokeline: 0800 848484

Forth Valley Alcohol and Drug Services

CGL (changegrowlive)
Tel (free phone): 0808 196 2188, Web: www.changegrowlive.org

Falkirk -27-29 Vicar Street, Falkirk, FK1 1LL

Stirling- 45 Cowane Street, Stirling, FK8 1JW

Alloa – Ground floor, Lime Tree House, North Castle Street, Alloa, FK10 1EX

CGL Harm Reduction Service- Provides Injecting Equipment, Harm Reduction, Blood Borne Virus and Sexual Health advice and is available at all CGL outlets.

Community Alcohol and Drugs Service(CADS)

South Team
Falkirk – 01324 673670, Falkirk Community Hospital, Westburn Avenue, Falkirk, FK1 5QE

North Team (Stirling and Clackmannanshire)
01786 468282, St Ninians Health Centre, Mayfield Street, St Ninians, Stirling FK7 0BS

Young People's Alcohol and Drug Services for Forth Valley
Barnardo's: 01324 632903, Watling Lodge, Tamfourhill Road, Falkirk, FK1 4RE (available to all Forth Valley)

Forth Valley Family Support Service
Offers support for family/friends affected by someone else's alcohol or drug use.
Helpline: 08080 101011
fvfamilies@sfad.org.uk
www.sfad.org.uk

Forth Valley Recovery Community offers recovery support. For the latest information on Recovery Cafe's and SMART Meetings contact:

Tom Bennett on 07920 234694, tbennett@asc.me.uk

Becky Wood on 07920 576375, Bwood@asc.me.uk

Stop Smoking Services (SSS)
Provides effective smoking cessation support to smokers motivated to quit. Tel: 01786 433293
Email: fv-uhb.fvstopsmokingservice@nhs.net

Injecting Equipment Provision –Community Pharmacies

FALKIRK

Lloyds Pharmacy 1 Stirling Street, Denny, FK6 6DF 01324 822360
Lloyds Pharmacy, 96/98 Grahams Road, Falkirk, FK2 7DL, 01324 635859
AD Healthcare, 94 Main Street, Larbert, FK5 3AS 01324 557596
Graeme Pharmacy, 308 Main Street, Camelon, FK1 4EG, 01324 625889
Boots Pharmacy, 60 South Street, Bo'ness, EH51 9HA, 01506 822106
Lloyds Pharmacy, 29 La Porte Precinct, Grangemouth, FK3 8AZ, 01324 482008

CLACKMANNANSHIRE

R&J Marshall 130a Stirling Street, Alva, FK12 5EH, 01259 760389
Boots Pharmacy, 4 Tron Court, Tullibody, FK102PS, 01259 722864
Lloyds Pharmacy, Marshill, Alloa, FK10 1AB, 01259 218979,

STIRLING

Superdrug Pharmacy, Unit 2 Ochilview Mall, Thistle Centre, Stirling, FK8 2EA, 01786 473548
Lindsay & Gilmour, 15 Bannockburn Road, St Ninians, Stirling, FK7 OBP, 01786 472810,
Lindsay & Gilmour, 5 Firs Entry, Bannockburn, FK7 0HW, 01786 816893
Lloyds Pharmacy, 39 Bannockburn Road, St Ninians, Stirling FK7 0BU, 017864 475967
Plean Pharmacy, Main Street, Plean, FK7 8BT, 01786 817123
Cornton Pharmacy, 54 Johnston Avenue, Cornton, FK9 5DI, 01786 447265

Transform FV Assertive Outreach:

Transform FV operates a Mobile Outreach Vehicle allowing work within Forth Valley on prevention and early interventions. For advice and information please contact: 07309 780770

Transform FV- Social Inclusion Project

Provides support to individuals affected by Substance Use with a wide range of social issues.
Contact Transform FV on 01259 272 112.

Safer Injecting Advice

Sharing equipment puts you at enormous risk of contracting blood borne viruses such as Hepatitis or HIV.
Ensure injecting equipment is new and unused.
Share nothing, including spoons. Ensure equipment is returned for safe disposal.

Overdose Awareness

Mixing drugs or using more drugs than you normally would can result in an accidental overdose.

Naloxone is a medicine which can reverse the effects of an opioid overdose for a short time and can save lives. If you give someone Naloxone you must also call an ambulance as the Naloxone will only reverse effects for a short time.
Recognising the signs of overdose:
Deep Snoring
Slurred speech
Loss of consciousness
Shallow breathing
Call 999

Blood Borne Virus (BBV) Testing

Testing for HIV, hepatitis C and Hepatitis B is free and confidential at all NHS service- see number below.
Knowing you have a BBV means you can get treatment, keep as healthy as possible and help prevent others from becoming infected.

Blood Borne Virus Information and Advice
Tel: 01786 434079
Email: FV-UHB.hepatology@nhs.net

Sexual Health advice and information:
Tel: 01324 673 554
Centralsexualhealth.org.uk

NHS Forth Valley

Mental Health and Wellbeing

NHS Forth Valley – If you're ill https://nhsforthvalley.com/health-services/know-who-to-turn-to-when-you-are-ill/mental-well-being/

NHS Forth Valley Self Help Guides https://www.selfhelpguides.ntw.nhs.uk/forthvalley/

Breathing Space 0800 83 85 87 or https://breathingspace.scot/

FDAMH – Falkirk District Association for Mental Health – Online resources https://www.fdamh.org.uk/find-online-help/

How to look after your mental health during the Coronavirus outbreak https://mentalhealth.org.uk/coronavirus

5 Ways to Wellbeing https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/

Samaritans – 01324 622 066

Moodjuice – moodjuice.scot.nhs.uk

Action in Mind- 01786 451203

Saneline -0300 304 7000

Scottish Association for Mental Health – 0141 530 1000

How to find a Doctor

If you have problems registering with a GP contact: 0800 22 44 88

For advice on health if you have no GP or it is out of hours contact: NHS24 on 111

How to find a Dentist

Emergency Dentist: 01324 614 670 or NHS 24 on 111

Forth Valley Hospital Access

In an emergency you should go to A&E at Forth Valley Royal Hospital.

Forth Valley Royal Hospital: 01324 566000

For Minor Injuries you should go to the Minor Injuries Unit at Stirling Community Hospital: 01786 434036

If not life threatening but requires medical help call: NHS24 on 111.

For (Coronavirus) Covid-19 related information please go to: https://www.nhsinform.scot/illness-and-conditions/infections-and-poisoning/corpnavirus-covid-19

Scottish Prison Service Family Support Line

0131 330 3888

New Routes Mentoring- Prison Throughcare Support

0800 731 5678

Families Outside

Support is available for families affected by imprisonment via telephone, SMS, WhatsApp, Facetime, Skype, Facebook and Twitter.
Helpline: 0800 254 0088
E: support@familiesoutside.org.uk

Justice Services

Falkirk: 01324 506070
criminaljustice@falkirk.gov.uk

Clackmannanshire: 01259 452200
criminaljustice@clacks.gov.uk

Stirling: 01786 233950
criminaljustice@stirling.gov.uk

Crown Office and Procurator Fiscal Service (COPFS)

New arrangements are in place for those attending court during the coronavirus pandemic. All information can be found at:

www.copfs.gov.uk/media-site-news-from-copfs/1875-coronavirus-covid-19-information-for-those-due-to-attend-court

Community Justice Scotland

Progress and national partner updates are available on:

https://communityjustice.scot/news/covid-19/

DWP Benefits Agency

Employment and Support Allowance – How to apply
https://www.gov.uk/employment-support-allowance

Job Seekers Allowance – How to apply
https://www.gov.uk/jobseekers-allowance

Universal Credit – How to apply
https://www.gov.uk/how-to-claim-universal-credit

www.understndinguniversalcredit.gov.uk/coronavirus

Universal Credit Problems? Citizens Advice Information
https://www.citizensadvice.org.uk/benefits/universal-credit/

Stirling Council Service updates and Community Response

www.stirling.gov.uk/planning-building-the-environment-emergencies-emergency-planning/coronavirus/support-for-people-1/

Community Webpage:
www.stirling.gov.uk/news/2020/march-2020/community-helpline-launched-by-stirling-council

Stirling Community Support Line
If you are isolating due to coronavirus and need help please contact : 01786 404040
E: Communitysupport@stirling.gov.uk

Falkirk Council page re financial difficulty
https://www.falkirk.gov.uk/covid19/financial-difficulty.aspx

Clackmannanshire Council
https://clacks.gov.uk/Community/Grants

Where to get accommodation

Clackmannanshire Council
Tel: 01259 225115

Falkirk Council
Tel: 01324 503600

Stirling Council
Tel: 01786 237900

Stirling Youth Housing Support (16-25yrs age): 01786 448633

Shelter: www.scotland.shelter.org.uk

Citizens Advice Bureau (CAB)

Addiction Advice Service: 07817 024365

For other Advice:

Alloa: 01259 219404

Denny: 01324 823118

Falkirk: 01324 626070

Grangemouth & National Number:

0808 800 9060

Stirling: 01786 470239

Food Banks

Alloa – The Gate, 2 Ludgate Alloa.
Tel: 01259 218766. Referral from a Professional service may be required such as CGL, CADS, the NHS or DWP.

Falkirk – Currently business as usual, delivery service throughout Falkirk, they can be contacted on: **07809340919/07809340918.**

Stirling-. St Mark's Church, Drip Road, Stirling. 01786 561 02. Referral from a Professional service may be required such as CGL, CADS, the NHS or DWP.

Sauchie Active 8
Sauchie Hall, Mar Place, Sauchie. Fridays at 1.30pm

Kersiebank Community Project-Grangemouth
Dundas School, Oxgang Road- 01324 508750

Salvation Army

Soup Kitchen: 1 Woodside Court, High Station Road, Falkirk. Check for most up to date information on meals by contacting:
Tel: 01324 627425
Email: Falkirk@salvationarmy.org.uk

Stirling Salvation Army is providing take away food from 3pm till 4pm at 19 Drip Road, Stirling.
Tel: 01786 448923

Health and Social Care Partnership's

Clackmannanshire: 01259 450000

E: adultcare@clacks.gov.uk

Stirling: 01786 404040

Falkirk: 01324 506 070

Scottish Welfare Fund

Is a discretionary scheme which provides two types of grants:

- Community Care Grants
- Crisis Grants

Scottish Welfare Fund helps families and people in Scotland who are on low incomes via: www.mygov.scot/scottish-welfare-fund/

Bereavement

Falkirk Council Advice on deaths and cremations: 01324 503650 https://www.falkirk.gov.uk/services/births-deaths-marriages/deaths/bereavement-services.aspx

Cruse Bereavement – online advice and helpline https://www.cruse.org.uk/get-help

Funeral Support Payment https://www.mygov.scot/funeral-support-payment/

Relationship Scotland

Information Line: 0345 119 2020

www.relationship-scotland.org.uk

Child Protection

Emergency Duty Team (out of hours):
Tel: 01786 470500

Clackmannanshire: 01259 225000

Falkirk : 01324 506400

Stirling: 01786 471177

Or in emergency call 999

Domestic Abuse

National Helpline - Women's Aid & Domestic Abuse and Forced Marriages: 0800 027 1234
https://womensaid.scot/contact/
https://sdafmh.org.uk/ or

Falkirk Service – Committed to Ending Abuse 01324 635661 https://cea.uk.com/our-services/

Clackmannanshire Women's Aid: 01259 721407
www.Clackswomensaid.org.uk

Stirling Women's Aid: 01786 470897
www.stirlingwomensaid.org.uk

MENS Advice Line : 0808 801 0327
E: info@mensadviceline.org.uk

LGBT : 0800 999 5428
E: help@galop.org.uk

Information from Mental Health Foundation on abusive relationships and staying at home: https://mentalhealth.org.uk/coronavirus/abusive-relationships

Victim Support

Web: www.victimsupport.scot

Tel: 0800 160 1985

Survivors Support

Wellbeing Scotland: 01324 630 100
info@wellbeingscotland.org
www.wellbeingscotland.org

CLICK

A woman led safety and wellbeing service for woman selling or exchanging sex or sexual activity online.
Online chat: We are constantly reviewing our online chat times to meet women's needs and are currently providing additional hours.
https://twitter.com/click_scotland/
or https://www.facebook.com/click.scot/

Forth Valley Rape Crisis Centre

Helpline: 08088 010302
www.forthvalleyrapecrisis.org.uk

Shine Women's Mentoring Service – This is a service for adult females currently serving a custodial sentence of less than 4 years; on remand or subject to a Community Payback Order.
Contact:
Yvonne Robson on yrobson@sacro.org.uk
Fiona MacKinnon on fmackinnin@sacro.org.uk