**Key Contacts – North**

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| **Emotional help and distress** | |
| School Based Counsellors | School specific – see HTs |
| Miracle Foundation | 01698 760479 |
| **Mental Health** | |
| CAMHS Advice Line | 01236 703010 |
| CAMHS Telephone Support | 01236 707774 |
| CAMHS Teams (Specific Functions) | 01236 703010 |
| NHS Lanarkshire Psychological Support | 01698 687567 |
| SAMH | 01698 265659 |
| **Educational Psychology** | |
| NL Educational Psychology | 01236 812380 |
| **3rd Sector** | |
| Barnardos | 01698 262443 |
| NL Carers Together | 01698 404055 |
| Action for Children Young Carers | 01698 258801 |
| CACE – Anchor organisation for the North  (Contact – Norma Burns) | 01236 451393 |
| VANL | 01236 748011 |
| Cumbernauld Resilience Group | 07707860976 |
| **CL&D** | |
| Youth Work  (Communication via social media) | **@**NLCyouthwork on Twitter, Facebook or Instagram. Contact June Ford for more information - 07903816396 |
| **Practical support** | |
| Financial Inclusion Team | 01698 332551 FIT@northlan.gov.uk |
| Cornerstone/House of Bread (Foodbank) | 07737999104 |
| Kilsyth Community Foodbank | [www.kilsythcommunityfoodbank@gmail.com](http://www.kilsythcommunityfoodbank@gmail.com)  01236 829872 |
| Carbrain and Hillcrest Community Council  Foodbank – delivers prepared meals/food | 07518207103 |
| Money Matters (Money advice service) | 0141 4457615 |
| Lanarkshire Community Food and Health Partnership (HTs should contact for advice before making a referral as they may signpost to a local foodbank.) | [gordon@lcfhp.co.uk](mailto:gordon@lcfhp.co.uk)  0141 771 6095 |
| Shielding Enquiries  Helpline number for residents who are shielding | Local - 0300 555 0407  National helpline - 0800 111 4000 |
| Free School Meal Voucher Enquiries | [FME@northlan.gov.uk](mailto:FME@northlan.gov.uk) |
| **Social Work** | |
| Cumbernauld Social Work Team | 01236 638700 |