

Hilltop Primary School, LCSC and Nursery

Support for Parents and Carers

Useful Telephone Numbers

COST OF LIVING AND GENERAL HELP	
NLC Tackling Poverty Team for a comprehensive debt and benefit advice service. (We will always start by checking to ensure you're receiving all the benefits you're entitled to)	01698 332 551
NLC Scottish Welfare Fund for crisis and community care grants	0300 555 0405
NLC Benefits for help with housing benefit	01698 403 210
Age Scotland helpline for people over 50 years of age	0800 1244222
Disability Information Scotland helpline for people living with disability	0300 323 9961
North Lanarkshire Carers Together help for carers	01698 404 055
Lanarkshire Carers advice and support for people who care	01236 755 550
Childline for children and young people under 19 years old	0800 1111
Citizens Advice Bureau for support with debt, benefits, housing and employment	01236 723 201

SAFETY AND SECURITY	
Police Scotland for non emergencies	101
Police Scotland for emergencies	999
Fire safety for a home visit	0800 0731 999
Gas leaks national gas helpline for reporting leaks	0800 111 999
Power cuts national power cut helpline	105
Scottish Water for all water supply related issues	0800 0778 778

HOUSING ADVICE	
Council housing office for help with local housing issues	01236 632726
Shelter for help and advice with housing problems	0808 800 444

HEALTH HELP AND ADVICE	
NHS 24 for help if you think you need to visit A&E, but it's not a critical emergency, or you think you need to visit a Minor Injury Unit	111
ALL Emergencies	999
Alzheimer Scotland 24-hour helpline for people living with dementia	0808 808 3000
Chest Heart and Stroke Scotland help for people living with a chest, heart, or stroke condition	0808 801 0889
Breathing Space for help with low mood, depression, and anxiety	0800 838 587
Samaritans help and support for people feeling suicidal	116 123

ENERGY ADVICE	
Home Energy Scotland for help with rising energy bills	0808 196 8660

