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| **Organisation** | **Hours** | **Contact Details** | **Website** | **Help for?** |
| Cairn Primary School | Monday – Friday 9am – 3pm | 01655 885 802 | <https://blogs.glowscotland.org.uk/sa/cairnprimaryschool/> | School WorkLunch ProvisionAdvice and signposting to agenciesGeneral Enquiries |
| The 1010 Trust (covid-19 food response Team) | Monday – Friday 9am – 8pm | 03333444156hello@the1010trust.org.uk(Call before 12pm for a food delivery the following day) | Facebook: The 10:10 Trust | Food |
| Parentline Scotland | Monday – Friday9am – 9pmSaturday – Sunday9am – 12pm | 08000282223parentlinescotland@children1st.org.uk | [www.children1st.org.uk](http://www.children1st.org.uk)  | Family Help and adviceFinancial advice |
| Aberlour Crisis Fund | Contact Social Work or School | **urgentassistance@aberlour.org.uk** | <https://www.aberlour.org.uk/>This particular fund requires a sponsor to apply for you this could be a member of Cairn management team or Social work. | Food, power, clothing, bedding, essentials |
| NHS 111 | 24 Hours | 111 | <https://111.nhs.uk/>If you think you have coronavirus symptoms use this website and a nurse will be in contact. DO NOT go to the hospital or GP.If it’s a medical emergency dial 999 | Medical |
| NHS Inform | 24 Hours | NHS | [https://www.nhsinform.scot](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/your-mental-wellbeing/coronavirus-covid-19-your-mental-wellbeing) | Advice on symptoms, social distancing, caring for a cough or fever, and mental health support. |
| Ready Scotland | 24 Hours | Twitter: @ReadyScotlandFacebook: Ready Scotland | <https://www.readyscotland.org/coronavirus/>Link below gives great links for charities offering advice at this time. | Official channel of the Scottish Government’s Resilience Division - preparing for and dealing with emergencies. |
| SAMHScottish Association for Mental Health | Monday – Friday 9am – 5pm | 0141 530 1000enquire@samh.org.uk | <https://www.samh.org.uk/> | Support for mental ill health |
| Breathing Space(Scotland) | Monday-Thursday 6pm to 2amFriday 6pm – Monday 6am | 0800 83 85 87 | https://breathingspace.scot/ | Out of hours phoneline for advice on mental health |
| Samaritans | 24 Hours | 116 123jo@samaritans.org | [www.samaritans.org](http://www.samaritans.org/) | 24-hour helpline offering emotional support for anyone feeling down, distressed or struggling to cope. |