Useful Contacts (from Family Fun Day)

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| Organisation | Area of Concern | Website | Telephone |
| Salvation Army | Emotional Support | [www.salvationarmy.org.uk](http://www.salvationarmy.org.uk) | 01698282461 |
| Samaritans | Emotional Support | [www.samaritans.org](http://www.samaritans.org) | 116 123 |
| The Trussell Trust | Foodbank – Hamilton | [www.trusselltrust.org](http://www.trusselltrust.org) | 07884 451512 |
| Viewcare Project | Food/Clothing bank and Debt advice | [www.viewparkparishchurch.org.uk/viewcare](http://www.viewparkparishchurch.org.uk/viewcare) | 0748 155 9265 |
| Bothwell Parish Church | Emergency Food Parcels | [www.bothwellparishchurch.org.uk](http://www.bothwellparishchurch.org.uk) | 01698 854903 |
| Citizens Advice Scotland | Information and advice | [www.cas.org.uk](http://www.cas.org.uk) | 01698 283477 |
| Lanarkshire Carers | Information and advice (carers) – Hamilton Centre | [www.lanarkshirecarers.org.uk](http://www.lanarkshirecarers.org.uk) | 01698 428090 |
| Childline | Info and advice (Children) | [www.childline.org.uk](http://www.childline.org.uk) | 0800 11111 |
| Step Change | Info and advice (debt) | [www.stepchange.org](http://www.stepchange.org) | 0800 138 1111 |
| Home Energy Scotland | Info and advice (Energy Bills) | [www.homeenergyScotland.org](http://www.homeenergyScotland.org) | 0808 138 1111 |
| Energy Advice Scotland | Info and advice (energy) | [www.energyadvice.scot](http://www.energyadvice.scot) | 0808 196 8660 |
| Alcoholics Anonymous | For help with a drinking problem | [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) | 0800 917 7650 |
| Community Addiction Recovery Services | Addiction advice and support | Via South Lanarkshire Council website | 01698 753956 |
| Money Matters | Info and Advice (Debt and benefits) | Via South Lanarkshire Council website | 0303 123 1008 |
| Money Helper | Info and advice (Money and pensions) | [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk) | Online only |
| Age Scotland | Info and advice | [www.ageuk.org.uk](http://www.ageuk.org.uk) | 0800 12 44 222 |
| Breathing Space | Mental Health | [www.breathingspace.scot](http://www.breathingspace.scot) | 0800 838587 |
| Elament | Mental Health | [www.elament.org.uk](http://www.elament.org.uk) | Online only |
| Lanarkshire Association for Mental Health | Mental Health | [www.lamh.org.uk](http://www.lamh.org.uk) | 01698 476726 |
| People experiencing Trauma and Loss (PETAL) | Mental Health | [www.petalsupport.com](http://www.petalsupport.com) | 01698 324502 |
| Scottish Association for Mental Health (SAMH) | Mental Health | [www.samh.org.uk](http://www.samh.org.uk) | 0344 800 0550 |
| Men Matter | Mental Health | [www.menmatterscotland.org](http://www.menmatterscotland.org) |  |
| Shout | Mental Health FREE 24/7 text messaging support | [www.giveusashout.org](http://www.giveusashout.org) | Text ‘Shout’ to 85258 (available 24/7) |
| Young Carers | South Lanarkshire Young Carers info and support | [www.southlanarkshireyoungcarers.org](http://www.southlanarkshireyoungcarers.org) | 01698 891385 |
| Revd. Iain | Pastoral support for those of all faiths and none | [www.bothwellparishchurch.org.uk](http://www.bothwellparishchurch.org.uk) | 07749 899427 |
| Father Hughes | Pastoral Support |  | 01698 852710 |