



# Sources of Support

For parents/carers seeking support & advice to improve their family's wellbeing and educational outcomes at this difficult time.



## Family Support

- **West Lothian Social Work** [www.westlothian.gov.uk](http://www.westlothian.gov.uk)  
01506 777777
- **NSPCC helpline** <https://www.nspcc.org.uk/>  
0808 800 5000
- **Action For Children** [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)  
01506 433736
- **West Lothian Educational Psychology Service Support line**  
01506 283130 Mon, Wed, Fri 9.30am-12.30pm



## House and home Support

- **West Lothian Council** [www.westlothian.gov.uk](http://www.westlothian.gov.uk)  
01506 280000
- **Out of Hours Homeless Assistance**  
0800 032 3450
- **Shelter Scotland** [www.shelter.scotland.org.uk](http://www.shelter.scotland.org.uk)  
0808 8000 444
- **Homeaid**  
01506 652 230



## Financial Support

- **Citizen Advice** [www.cabwestlothian.org.uk](http://www.cabwestlothian.org.uk)  
01506 432977
- **Apply for free school meals and clothing school grant**  
[www.westlothian.gov.uk/education](http://www.westlothian.gov.uk/education)



## Food Bank Support

- **Citizens Advice Scotland**  
01506 432977
- **The Advice Shop**  
01506 776 44



## Substance Misuse Support

- **West Lothian Drug & Alcohol Service**  
01506 430 225
- **Alcoholics Anonymous 24 hour helpline**  
0845 769 755
- **Narcotics Anonymous**  
0300 999 1212



## Domestic Abuse Support

- **Women's Aid**  
01506 413721
- **Domestic Abuse & Sexual Assault Team**  
01506 281055



## Health and Wellbeing Support

- **Breathing Space** [www.breathingspace.scot](http://www.breathingspace.scot)  
0800 83 85 87
- **Clear your Head** [www.clearyourhead.scot](http://www.clearyourhead.scot)
- **Samaritans** [www.samaritans.org.uk](http://www.samaritans.org.uk)  
0344 800 0550
- **Scottish Association for Mental Health** [www.samh.org.uk](http://www.samh.org.uk)  
0344 800 0550



## Support for Children

- **ChildLine** [www.childline.org.uk](http://www.childline.org.uk)  
0800 1111
- **Young Minds** <https://youngminds.org.uk/>  
0808 8025544
- **Young Scot—Aye, Feel** <https://young.scot/campaigns/national/aye-feel>
- **Youth Action Project** [www.wlyap.org.uk](http://www.wlyap.org.uk)  
01506 431430
- **BBC Learning support** <https://www.bbc.co.uk/bitesize>

