



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
01506 777777
- **NSPCC helpline** <https://www.nspcc.org.uk/>
0800 800 5000
- **Action For Children** 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
01506 280000
- **Out of Hours Homeless Assistance**
0800 032 3450
- **Shelter Scotland** www.shelter.scotland.org.uk
0800 8000 444
- **Homeaid**
01506 652 230



Financial Support

- **Citizen Advice** www.cabwestlothian.org.uk
01506 432977
- **Apply for free school meals and clothing school grant**
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
0800 83 85 87
- **Clear your Head** www.clearyourhead.scot
- **Samaritans** www.samaritans.org.uk
0344 800 0550
- **Scottish Association for Mental Health** www.samh.org.uk
0344 800 0550



Support for Children

- **ChildLine** 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
01506 431430
- **BBC Learning support** <https://www.bbc.co.uk/bitesize>



West Lothian Council

For more information and helpful resources regarding COVID-19 visit:
<https://www.westlothian.gov.uk/article/50765/Coronavirus-Helpful-Resources>

For family support please email: ed.psych@westlothian.gov.uk