



Crisis Support

This document contains links to pages for crisis support both nationwide and locally in Scotland. In an emergency, please contact the emergency services on 999.

Emergency Support:

- **NHS24:** <https://www.nhs24.scot/>
 - o Call for 24-hour support: 111
 - o If you ask, you can access the Mental Health Hub for mental health specific incidents
- **Samaritans:** <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
 - o Call for 24-hour support: 116123
- **Breathing Space:** <https://www.breathingspace.scot/>
 - o Call: 0800 83 85 87
 - o Opening times: Monday-Thursday 6pm to 2am. Friday 6pm-Monday 6am
- **Shout:** <https://giveusashout.org/>
 - o 24-hour Support through Text
 - o Text: 85258
- **CALM:** <https://www.thecalmzone.net/>
 - o Call: 0800 58 58 58
 - o Opening times: Everyday 5pm - midnight

Women's Support:

- **Scottish Women's Aid:** <https://womensaid.scot/>
 - o Call for 24-hour support: 0800 027 1234
 - o Find your local group: [Find your nearest WA group | Scottish Women's Aid](#)
- **Women's Aid:** <https://www.womensaid.org.uk/information-support/>
- **Refuge:** <https://refuge.org.uk/>
 - o Call for 24-hour support: 0808 2000 247
 - o National Domestic Abuse Helpline:
<https://www.nationaldahelpline.org.uk/>
- **Scotland's Domestic Abuse and Forced Marriage Helpline:** <https://www.sdafmh.org.uk/en/>

- o Call for 24-hour support: 0800 027 1234
- **Shakti Women's Aid:** Support for Black and Minority Ethnic women who have faced or are facing domestic abuse <https://shaktiedinburgh.co.uk/>

Legal/government support:

- **Legal advice in Scotland:** Guide to support with a legal problem in Scotland <https://www.mygov.scot/legal-advice>
- **Citizen's Advice Scotland:** <https://www.citizensadvice.org.uk/scotland/>
 - o Equality Advisory Support Service: <https://www.citizensadvice.org.uk/scotland/law-and-courts/discrimination/check-if-youre-protected-from-discrimination/equality-advisory-support-service-discrimination-helpline/>
 - o Find your local Citizens Advice Bureau: [Citizens Advice Scotland](#)
- **Crisis grant:** If you find yourself needing money in a crisis you can find information here to apply for a crisis grant: <https://www.mygov.scot/scottish-welfare-fund/crisis-grants>
- **Advice, Advocacy, and Law Centers:** a comprehensive resource across various legal issues, which provides links to services across Scotland <https://dls.org.uk/wp-content/uploads/2018/12/Advice-in-Scotland-October-2018.pdf>

Grounding techniques/mindfulness:

- 5-4-3-2-1 grounding: <https://www.calm.com/blog/5-4-3-2-1-a-simple-exercise-to-calm-the-mind>
- Mindfulness exercises and tips: <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/>
- A neurodivergent guide to mindfulness techniques: <https://www.timetimer.com/blogs/news/autistic-and-neurodivergent-friendly-mindfulness-practices>
- The Neurodivergent Friendly Workbook of DBT Skills: <https://www.amazon.co.uk/Neurodivergent-Friendly-Workbook-DBT-Skills/dp/B09S9JBS8G> A personal workbook of DBT skills designed for neurodivergent individuals.

Support by region:

Edinburgh

- **Edinburgh Women's Aid:** <https://edinwomensaid.co.uk/>
 - o Helpline: 0131 315 8110
- **Edinburgh Crisis Centre:** <https://edinburghcrisiscentre.org.uk/>
 - o 24/7 text service
 - o Text: 0797 442 9075
 - o Call: 0808 801 0414
 - o Email: crisis@edinburghcrisiscentre.org.uk

Glasgow

- **Glasgow Women's Aid:** <https://glasgowwomensaid.org.uk/>
 - o Helpline: 0141 553 2022
 - o Open 9:30-16:30 Monday to Friday
 - o **Mental Health Services:** <https://www.nhsggc.scot/your-health/right-care-right-place/mental-health/#mental-health-ooh>
- **Say Women:** <https://www.say-women.co.uk/> A charity based in Glasgow offering semi-supported accommodation to Glasgow women under 25 facing homelessness who have experienced sexual violence. They also offer emotional support services for survivors.

Aberdeen

- **Grampian Women's Aid:** <https://www.grampian-womens-aid.com/>
 - o Email: info@grampianwomensaid.com
 - o Telephone: 01224 593381 (Mon-Fri 9.30-16.00)
- **Crisis Support Information:** <https://www.homestartaberdeen.org.uk/crisis-support/#:~:text=Social%20Work%20E2%80%93%200800%207315%20520,home%20visit%20or%20phone%20call>.
- **Urgent Mental Health Support:** <https://www.aberdeenshire.gov.uk/social-care-and-health/living-independently/mental-health-wellbeing/urgent-help-with-mental-health>

Perth

- o **The Neuk Crisis Support:** [Find Help at The Neuk: Crisis Support & Guidance](#)
- o Phone: 01738 718070 (9.00 – 21.00, 7 days a week)
- o Email: support@theneuk.org

Highlands

- **Mikeysline:** <https://www.mikeysline.co.uk/>
 - o Text: 07786207755
 - o Sunday to Thursday 18.00-22.00
 - o Friday and Saturday 19.00-07.00
- **Inverness Women's Aid:** <https://www.invernesswa.org/>

Specific support:

- **Rape Crisis Scotland:** <https://www.rapecrisisscotland.org.uk/>
 - o Call: 08088 01 03 02
- **Shelter Scotland:**
https://scotland.shelter.org.uk/about_us/contact_us/call_our_free_HELPLINE
- **Self-Harm Network Scotland:** <https://selfharmnetworkscotland.org.uk/>
- **No Panic Helpline:** <https://nopanic.org.uk/>
 - o Call: 0300 772 9844
 - o Open every day: Everyday - 10am - 10pm
- **National Helpline for LGBT+ Victims and Survivors of Abuse and Violence:**
<https://galop.org.uk/get-help/helplines/>
 - o Call: 0800 999 5428
 - o Open: Monday – Thursday, 9:30am to 8pm, Friday, 9:30am to 4:30pm
- **Grief and Bereavement Support:** <https://www.crusescotland.org.uk/>
 - o Call: [0808 802 6161](tel:08088026161)
 - o Open Mon-Fri 9.00-20.00, Weekends 10.00 – 14.00

LGBTQI+ Mental Health Support:

- o <https://www.lgbthealth.org.uk/services-support/lgbt-helpline-scotland/>: Information from LGBT+ Scotland on their LGBT+ helpline: Call: 0800 464 7000
 - o Open: Tuesdays, Wednesdays, Thursdays (12-9pm) Sundays (1-6pm)
- <https://www.lgbthealth.org.uk/services-support/mental-health/> Information from LGBT+ Scotland on their social support programmes and individual support available in Edinburgh and Glasgow
- <https://www.scottishtrans.org/community/useful-orgs/#:~:text=LGBT%20Health%20%26%20Wellbeing&text=It%20runs%20the%20L>

[GBT%2B%20Helpline,9pm%20and%20Sundays%201%2D6pm](#). Resources and information from ScottishTrans.org