

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Infant and Maternal Health

Fetal Alcohol Spectrum Disorder (FASD): is an umbrella term that describes a range of irreversible and lifelong physical, emotional and developmental delays that may affect a person as a result of being exposed to [alcohol](#) during pregnancy.

Alcohol before, during and after pregnancy: free resources available to anyone living or working in Greater Glasgow & Clyde. Visit <http://www.phrd.scot.nhs.uk/>

Child and Youth

Young Minds: provides useful information on how drug and [alcohol](#) use can affect mental health and where to find more information and support.

Young Scot: provides a range of information on [alcohol](#) from the myths, to mixing drugs and alcohol.

Adults

We are With You: offer free, confidential support with [alcohol, drugs or mental health](#) from one of their local services or online.

NHS Inform: provides range of information on [Coronavirus and Alcohol](#) and ways to help to manage your drinking.

Drink Diary: a useful [tool](#) to help you monitor how much you are drinking.

Research/Reports/Papers

The Lancet: Alcohol use and misuse during the [COVID-19 pandemic](#): a potential public health crisis.

Events

Alcohol in the Archives: Free Creative writing [workshop](#) using archival material from the Scottish temperance movements as inspiration for writing about alcohol. Sat, 21 Nov.

Helplines

The FASD Hub Scotland: provides help to families living with FASD through its helpline **0300 666 0006** (option 2) Tues-Thurs, 10am-2.30pm

FRANK: provides support around drugs. **Call 0300 123 6600**, 24 hours a day, 7 days a week **or** Text **82111** with a question and FRANK will text you back.

Drinkline: provide advice and support for anyone concerned about their drinking. Call **0800 7 314 314** (weekdays 9am-8pm, weekends 11am-4pm)

Scottish Families Affected by Drugs and Alcohol: If you are concerned about someone's alcohol or drug use contact a free and confidential helpline **08080 10 10 11**, available 9am-11pm Monday to Friday and as a call-back service on weekends.

Samaritans: **116 123**. A free and confidential support to anyone, any age. 24 hrs day, 7 days a week.

Funding Opportunities

[Scottish Government Love Local Fund](#)

[Community Climate Asset Fund](#)

[Baillie Gifford Community Awards](#)

[Tesco Bag of Help Fund](#)

[Esmee Fairbairn Foundation](#)

[Postcode Recovery Fund](#)