

# EPIC



## **Emergency Pocket Information Card**

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**Based on original material from Glasgow City Choose Life Forum, and RAMH Tom McAuley. Many thanks to the Multiagency Distress Collaborative Community Engagement Forum and to the Mental Health and Acute Interface Group, Clinical Reference sub-group who have worked on the development of this publication.**

# **Family Addictions Support Service (FASS)**

**Concerned about a loved ones's drug use?**

**0141 420 2050 Mon to Fri 9am-4pm**

**[www.fassglasgow.org](http://www.fassglasgow.org)**

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## **GAMH**

**Glasgow Association for Mental Health**

**For people experiencing, or recovering  
from mental ill health**

**0141 552 5592**

**[www.gamh.org.uk](http://www.gamh.org.uk)**

# **Glasgow Council on Alcohol**

Free phone Helpline:

**0808 802 900**

[www.glasgowcouncilonalcohol.org/](http://www.glasgowcouncilonalcohol.org/)

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**Emergency Social Work Services**

**0300 343 1505**

# **Rape Crisis (Glasgow & Clyde)**

**Freephone**

**08088 00 00 14**

**[www.glasgowclyderapecrisis.org.uk](http://www.glasgowclyderapecrisis.org.uk)**

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# **Women's Aid (Glasgow)**

**For people who are experiencing domestic abuse**

**0141 553 2022**

**[www.glasgowwomensaid.org.uk](http://www.glasgowwomensaid.org.uk)**

## **Lifeline**

Struggling with stress, anxiety or depression?

**0141 552 4434**

[www.lifeline.org.uk](http://www.lifeline.org.uk)

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## **Mental Health Network**

Free and impartial information about mental health

**0141 550 8417**

[www.mhngg.org.uk](http://www.mhngg.org.uk)

Mon to Fri 9am-5pm

# **Samaritans Glasgow**

**Need to talk?**

**We'll listen 24 hours a day**

**Freecall 116 123**

**[www.samaritans.org/branches/glasgow](http://www.samaritans.org/branches/glasgow)**

# Scottish Refugee Council

For refugees and people seeking asylum

**0141 223 7979**

Mon to Thurs 10am–12pm

Fri 10am–12pm, 2pm–4pm

[www.scottishrefugeecouncil.org.uk](http://www.scottishrefugeecouncil.org.uk)

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## See Me

End the stigma and discrimination  
of mental ill health

**0141 530 1111**

Mon to Fri 9am–5pm

[www.seemescotland.org](http://www.seemescotland.org)

## **Breathing Space**

A confidential phone line you can call  
if you're feeling down

**Free phone 0800 83 85 87**

Weekdays: Mon to Thurs 6pm-2am

Weekend: Friday 6pm – Monday 6am

[www.breathingspace.scot](http://www.breathingspace.scot)

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## **Carers Trust Scotland**

Emotional and practical help for carers

**0300 772 7701**

[www.carers.org/country/carers-trust-scotland](http://www.carers.org/country/carers-trust-scotland)



# **Cruse Bereavement Care Scotland**

**Free bereavement support for anyone struggling  
with the loss of someone close**

**0845 600 2227**

**Monday – Thursday: 10am–8pm**

**Friday: 10am–4pm**

**[www.crusescotland.org.uk](http://www.crusescotland.org.uk)**

# **Scotland's domestic abuse and forced marriage helpline**

**24 hr helpline**

**0800 027 1234**

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## **I Am Me - Keep Safe**

**Raising Awareness of Disability Hate Crime**

**[www.iammescotland.co.uk](http://www.iammescotland.co.uk)**

**Download 'Keep Safe Scotland' App**

## **Petal**

For those experiencing traumatic loss

**01698 324 502**

[www.petalsupport.com](http://www.petalsupport.com)

Mon to Thur 9am-5pm, Fri 9:am-4pm

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## **Touched by Suicide**

**01294 274 273 or 01294 216 895**

**07768 188 499**

[www.touchedbysuicidescotland.org](http://www.touchedbysuicidescotland.org)

**SAMH**

**Scottish Association for Mental Health**

Providing mental health and social care support, services include homelessness, addictions and employment

**0141 530 1000**

Mon to Fri 9am-5pm

[www.samh.org.uk](http://www.samh.org.uk)

## **Victim Support**

Supporting people affected by crime

**Helpline 0800 160 1985**

Mon-Fri 8am-8pm

[www.victimsupport.scot](http://www.victimsupport.scot)

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## **The Spark**

Relationship counselling and support

**0808 802 0050**

Mon - Weds 9am-9pm

Thurs 9am-8pm - Fri 9am-3pm

[www.thespark.org.uk](http://www.thespark.org.uk)

## **NHS Living Life**

Anyone over the age of 16 feeling low,  
anxious or depressed

**Free phone: 0800 328 9655**

Mon - Fri 1pm-9pm

[www.nhs24.scot/our-services/living-life](http://www.nhs24.scot/our-services/living-life)

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## **NHS 24**

24 hour health service

**Freephone 111**

[www.nhs24.scot](http://www.nhs24.scot)