

Money



Stirling Council Advice Services

Available office hours 01786 233528

Stirling CAB 0808 800 9060

Citizens Advice Scotland

For consumer advice 03454 04 05 06

For a financial health check 0800 085 7145

National Debtline 0808 808 4000

Available Mon to Fri: 9am - 8pm, Sat: 9.30am - 1pm

Stirling Council Crisis Grants

Available office hours 01786 233210

LGBT



Galop 0800 999 5428

Hate crime, sexual violence or domestic abuse

Available Mon & Tues 10am - 5pm; Wed & Thurs

10am to 8pm; Fri 10am to 5pm (1pm - 5pm on

Tuesday is a transgender specific service)

LGBT Helpline Scotland 0300 123 2523

Available any Tuesday and Wednesday 12noon-

9pm

Broken Rainbow 0300 999 5428

LGBT domestic violence helpline

Available Mon, 2pm - 8pm: Wed, 10 - 5pm:

Thur, 2 - 8pm

Local Support

St Marks Parish Church 01786 462977

Pastoral support

Salvation Army 0178 644 8923

Community café - Mon to Fri 10am - 1.30pm,

Drop in Meal- Mon to Fri 3pm - 5pm,

charity shop, debt advice, pastoral support,

drug & alcohol support

StartUp Stirling 01786 561027

Foodbank 07973 720235

People are referred by a number of agencies but if you need help call Monday-Friday 8am-4pm

Foodbank available at St Marks Church, Raploch, Fri 11am-1pm

Raploch Community Partnership 01786 272358

Community Hub that aims to enable all members of the community to meet in an informal, social atmosphere to gain access to information and services. Available office hours

Stirling Community 01786 472885

Enterprise

Community based training provider



This leaflet provides information about a wide range of organisations that offer support in times of a crisis and guidance at other times.

The development of the leaflet was supported by the Raploch Frontline Workers Network.

This group of services and agencies meet regularly to share information about the issues that affect Raploch and discuss how they can work together to make a difference in Raploch.

Emergency Contacts Leaflet

Help and Support when you really need it



IN AN EMERGENCY



Police, Fire & Rescue, Ambulance 999
Police (non emergency) 101
Gas leak 0800 111 999
Scottish Water 0800 0778 778
National Power Cut Helpline 105

Health & Wellbeing



NHS 24 111
Out of hours health advice when your GP or dentist is closed

Alcoholics Anonymous 0800 9177 650
National helpline. Available 24/7

Gamblers Anonymous 0370 050 8881
Available 24/7

Narcotics Anonymous 0300 999 1212
Available 10am - midnight

Cocaine Anonymous 0141 959 6363
Available 24/7

Scottish Families Affected by Drugs & Alcohol Helpline 08080 10 10 11
Available Monday to Friday 9am - 11pm and as a call-back service on weekends

Breathing Space 0800 83 85 87

*If you're worried or down. Available
Frid 6pm - Mon 6am, Mon to Thurs 6pm - 2am*

Samaritans 24/7 116 123

Samaritans 24hrs 08457 90 90 90

Frank 0300 1236600

Honest information about drugs. Available 24/7

Housing



Shelter Scotland 0808 800 4444

Available Mon to Fri 9am-5pm

Stirling Council

Homelessness

Available during office hours 01786 237900

or available 24/7 01786 404040

Emergency repairs 24/7 01786 404040

or Repairs Team 0800 027 5888

Forth Housing repairs 01786 446066

Heating/hot water

During/outwith Office Hours 0800 048 2710

Emergency Repair Service 0333 123 1011

Out-of-Office Hours

Families



Parentline Scotland 08000 28 22 33

Mon to Fri 9am - 9pm, Sat-Sun 9am - 12noon

NSPCC Available 24/7 0808 800 5000

Helpline if you are worried about a child

Stirling Council Social Work

(if you are worried about a child)

Daytime 01786 471177

After 5pm and weekends 01786 470500

Wellbeing Scotland 0800 121 6027

Available Monday to Friday 9am- 1am

The Spark Relationship

Helpline 0808 802 2088

Available 11am - 2pm, Tues, Wed and Thurs

Families Outside 0800 254 0088

Support for families affected by imprisonment

Older people



The Silver Line 0800 4 70 80 90

Available 24/7

Age UK Advice Line 0800 055 6112

Available 8am - 7pm, 365 days a year

Elder Abuse Helpline 080 8808 8141

Scotland (Press 2 for Scotland)

Available Monday to Friday, 9am - 5pm

Children/ Young People



Childline Available 24/7 0800 1111

Women



Scotland's Domestic Abuse

and Forced Marriage 0800 027 1234

Helpline Available 24/7

Rape Crisis Scotland 08088 01 03 02

Helpline Available every day 6pm - midnight

Stirling & District Women's Aid

Helpline Available office hours 01786 470897

National Domestic Violence

Helpline 0808 2000 247

Services for Men



Abused Men in Scotland 0808 800 0024

Available Mon to Fri 9am - 4pm

Men's Advice line 0808 801 0327

Available Mon to Fri, 10am - 1pm and 2pm - 5pm

Survivor's UK 0845 122 1201

Available Mon & Tues 7pm - 9.30pm;

Thurs 12pm - 2.30pm