

If you want to talk to someone about how you are feeling, you can contact one of these numbers.



### **Breathing Space**

Tel: 0800 83 85 87 (Open evenings and weekends)

[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)



### **Samaritans**

Tel: 01698 429411 or 116 123  
(24hrs)

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



### **Mencap - Learning Disability Helpline**

Tel: 0808 808 1111

(9am – 3pm, Mon – Fri)

<https://www.mencap.org.uk/advice-and-support>



**If you feel unwell you can get help and advice by calling NHS 24 on 111.**



**To get more information about NHS 24 please follow this link: [ISL221 18 NHS111](https://www.nhs.uk/111)**