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



Samaritans Tel: 01698 429411 or 116 123 (24hrs) 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: <u>ISL221 18 NHS111</u>



Chairman: Alex Linkston CBE Chief Executive: Jane Grant

Forth Valley NHS Board is the common name for Forth Valley Health Board Registered Office: Carseview House, Castle Business Park, Stirling, FK9 4SW