



**Perth & Kinross  
Mental Health  
Directory of Services  
(2018)**

[www.pkc.gov.uk/mentalhealth](http://www.pkc.gov.uk/mentalhealth)



## **PERTH & KINROSS MENTAL HEALTH DIRECTORY OF SERVICES**

This is a directory of services in Perth and Kinross which can help you look after your and others mental health and emotional wellbeing. It also includes national services, telephone help lines and useful websites.

There are lots of places you can go for help and support if you have a concern or you are feeling down. It can be very helpful to talk to someone about your own worries. Remember, as well as contacting any of the services in this booklet, you may wish to talk to your GP.

If you know of anyone who might need help and support, please give them a copy of this directory or direct them to the link:

[http://www.pkc.gov.uk/media/22524/Mental-Health-Directory-of-Services/pdf/Mental Health Directory of Services 2017](http://www.pkc.gov.uk/media/22524/Mental-Health-Directory-of-Services/pdf/Mental_Health_Directory_of_Services_2017)

If you are worried someone is feeling suicidal, it is important to remember the following things.

If it is a high risk situation, dial 999 or take the person to A&E. Keep them safe and keep yourself safe.

If a person has suicidal thoughts, let them know you care. Encourage them to talk to someone they trust. They may find it helpful to talk to their GP or NHS 24 (111). They could also phone one of the helplines below:

- Breathing Space: 0800 83 85 87
- Samaritans: 116 123
- Childline: 0800 1111

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Last updated June 2018

## EMOTIONAL SUPPORT

<p><b>Abused Men in Scotland</b></p>	<p>Mon - Fri, 9am - 4pm Tel: 0808 800 0024 Visit: <a href="http://www.abusedmeninscotland.org">www.abusedmeninscotland.org</a></p>	<p>A national organisation dedicated to supporting men who are experiencing, or who have experienced, domestic abuse.</p>
<p><b>Alcohol and Substance Misuse Counselling</b> Tayside Council on Alcohol</p>	<p>Open: appointments can normally be booked between 9-5 Monday to Friday. On Wednesdays we have evening appointments to 7.30pm</p> <p>Main contact is: Sandra Ritchie, Senior Practitioner</p> <p>E-mail: <a href="mailto:Sandra.Ritchie@alcoholtayside.com">Sandra.Ritchie@alcoholtayside.com</a></p> <p>Tel: 01738 580336 or Work mobile 078803 82107</p>	<p>Providing 1-1 counselling and family work for alcohol, gambling and cannabis issues enhanced by the further provision of group support, services for carers/significant others and awareness raising/ brief interventions</p>
<p><b>Anxiety Alliance</b></p>	<p>Every day, 10am - 10pm Tel: 0845 296 7877 Email: <a href="mailto:harris835@btinternet.com">harris835@btinternet.com</a> Visit: <a href="http://www.anxietyalliance.org.uk">www.anxietyalliance.org.uk</a></p>	<p>Advice and support for people suffering from anxiety, their carers, family and friends. Anxiety Alliance can also advise you about withdrawing from tranquillisers and anti-depressants.</p>
<p><b>Breathing Space National Service</b></p>	<p>Weekdays: Monday-Thursday 6pm to 2am</p> <p>Weekend: Friday 6pm-Monday 6am</p> <p>Tel: 0800 83 85 87</p>	<p><b>Breathing Space</b> support people who may experience difficulty and unhappiness, mental health problems and emotional distress. A free, confidential, phone service for anyone in Scotland.</p>
<p><b>Carers Telephone Support Line (PKAVS Carers Hub)</b></p>	<p>Monday - Thursday: 9am - 6pm Friday: 9am - 5pm</p> <p>Tel: 01738 452214</p> <p>Email: <a href="mailto:carertele-support@pkavs.org.uk">carertele-support@pkavs.org.uk</a> Visit: <a href="http://www.pkavscarershub.org.uk">www.pkavscarershub.org.uk</a></p>	<p>A listening ear and friendly voice at the end of the phone, for carers of people aged 65 years or over. If you are struggling to cope with your caring role or have any concerns, you can pick up the phone and call us direct, nothing will be too big or too small. We can organise regular calls at times that are convenient for you.</p>

<p><b>Cruse Bereavement Care</b> Perth &amp; Kinross Team</p>	<p>Opening Hours: Mon-Wed 10am-4pm Mon-Wed 6pm-9pm Thurs 9am-9pm Fri 10am-4pm</p> <p>Address: 29 Barossa Place, Perth. PH1 5HH</p> <p>Tel: 0845 600 2227</p> <p>Email: <a href="mailto:east@crusescotland.org.uk">east@crusescotland.org.uk</a></p>	<p><b>Cruse Bereavement Care</b> is a national bereavement charity with local provision. They support anyone experiencing bereavement to understand their grief and cope with their loss through a range of services.</p> <p>They offer services to adults, young people and children.</p>
<p><b>Drug and Alcohol, BBV, Homeless &amp; Carer Support Team</b> Perth &amp; Kinross Council</p>	<p>Address: Drug &amp; Alcohol Team, Suite A3, Highland House, St. Catherine's Road, Perth PH1 5YA.</p> <p>Tel: 01738 474455</p> <p>Email: <a href="mailto:DAServices@pkc.gov.uk">DAServices@pkc.gov.uk</a></p>	<p><b>The DAAT Team</b> provides support to people using drugs and/or alcohol, to make positive changes to their lives and to reduce the harm caused by drug and/or alcohol use. Additionally the team also supports people with a Blood Borne Virus (BBV) and also someone caring for another with a substance misuse problem.</p>
<p><b>Harbour Counselling</b></p>	<p>Address: Shore Road, Perth. PH2 8BD</p> <p>Tel: 01738 449 102</p> <p>Email: <a href="mailto:office@harbourperth.org.uk">office@harbourperth.org.uk</a> Visit: <a href="http://www.harbourperth.org.uk">www.harbourperth.org.uk</a></p>	<p><b>Harbour Counselling</b> offers an independent and confidential counselling service for people experiencing a wide range of difficulties including emotional problems, bereavement/loss and relationship breakdown.</p>
<p><b>Mindspace Counselling Services</b></p>	<p>Address: 18-20 York Place, Perth. PH2 8EH</p> <p>Opening hours: Monday - Friday 9.00am-3.30pm</p> <p>Tel: 01738 631 639 Text: 07807 463 260</p> <p>Email: <a href="mailto:info@mindspacepk.com">info@mindspacepk.com</a> Visit: <a href="http://www.mindspacepk.com">www.mindspacepk.com</a></p>	<p><b>Mindspace</b> offers counselling to people who are facing difficulties or challenges including:</p> <ul style="list-style-type: none"> <li>- Bereavement or loss</li> <li>- Anxiety or depression</li> <li>- Abuse or traumatic events</li> <li>- Stress of work or in the home</li> <li>- Difficulties in family or intimate relationships</li> </ul> <p>They offer services to adults, young people and those living in rural locations.</p>

<p><b>NHS Living Life 24 – Guided Self Help</b></p>	<p>Tel: 0800 328 9655  (Mon-Fri 1pm to 9pm) or GP referral</p>	<p><b>Living Life Guided Self Help</b> is a free Cognitive Behavioural Therapy (CBT) telephone service available to anyone over the age of 16 who is suffering from low mood, mild to moderate depression and/or anxiety.</p>
<p><b>Perthshire Women’s Aid and CEDAR</b></p>	<p>Address: First Floor, Merlin House, Necessity Brae, Perth. PH2 0PF</p> <p>National 24hr Helpline: 0800 027 1234</p> <p>For support call: 01738 639043</p> <p>Weekdays 9.30am-4.30pm</p>	<p><b>Perthshire Women’s Aid</b> is a confidential service offering support, information and refuge accommodation to women, children and young people who have or are experiencing domestic abuse. A counselling service and various group programs are also available including <b>CEDAR</b> (children experiencing domestic abuse recovery programme), young people experiencing domestic abuse within their own intimate relationships and also as a result of their mother’s relationship with a perpetrator of abuse.</p>
<p><b>PKC – Wellbeing &amp; Recovery</b></p>	<p>Tel: 01738 474455</p> <p>Email: <a href="mailto:wellbeingandrecovery@pkc.gov.uk">wellbeingandrecovery@pkc.gov.uk</a></p> <p>No matter where you live in Perth &amp; Kinross, there are opportunities for you.</p>	<ul style="list-style-type: none"> <li>• Learn a new skill or try out a new activity.</li> <li>• Improve your mental and/or physical health.</li> <li>• Take up opportunities to meet new people.</li> <li>• Receive social support from others and give some too.</li> <li>• Increase your self-confidence and self-esteem.</li> <li>• Have opportunities to express yourself.</li> <li>• Become more involved with your local community.</li> </ul>
<p><b>Rape &amp; Sexual Abuse Centre Perth and Kinross (RASAC P&amp;K)</b></p>	<p>Address: 16 King Street, Perth. PH2 8JA</p> <p>Tel: 01738 630 965 (24 hr answering machine) National Helpline: 08088 01 03 02 (6pm to midnight)</p> <p>Email: <a href="mailto:rasacpk@gmail.com">rasacpk@gmail.com</a></p>	<p><b>RASACPK</b> offers free and confidential support (face to face, telephone, email or group support including weekly arts &amp; crafts) to women, young women (aged 12 years+) and young men (aged 12 – 18 years) who have experienced rape or sexual abuse at any time in their life.</p> <p>Outreach Support is also available in location of choice.</p>

<p><b>Rowan Counselling</b></p>	<p>Address: 4 Kinnoull Street Perth. PH1 5EN</p> <p>Tel: 01738 562 005</p> <p>Email: <a href="mailto:rowan@rowan-consultancy.co.uk">rowan@rowan-consultancy.co.uk</a></p> <p>Visit: <a href="http://www.rowan-consultancy.co.uk">www.rowan-consultancy.co.uk</a></p>	<p><b>Rowan</b> offers independent and confidential counselling for</p> <ul style="list-style-type: none"> <li>• Individuals</li> <li>• Couples</li> <li>• Young People</li> <li>• Families</li> </ul> <p>In our Perth city centre premises. We work with you to support you and help you find a way forward.</p>
<p><b>Samaritans</b> National Service and Local Branch</p>	<p>Address: 3 King’s Place, Perth. PH2 8AA</p> <p>Tel: 01738 626 666 or 08457 909090 Text: 07725909090</p> <p>Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>	<p><b>Samaritans</b> are a non-religious, confidential emotional support service and will listen to anyone about anything that is worrying them.</p>
<p><b>Saneline</b></p>	<p>Every day, 4.30pm – 10.30pm</p> <p>Tel: 0300 304 7000</p> <p>Visit: <a href="http://www.sane.org.uk/">www.sane.org.uk/</a></p>	<p><b>SANE</b> runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.</p>
<p><b>Scottish Families</b>  Alcohol or Drug Support Service  Bereavement Support Service</p>	<p>Weekdays 9am – 11pm</p> <p>Tel: 08080 10 10 11</p> <p>Email: <a href="mailto:helpline@sfad.org.uk">helpline@sfad.org.uk</a></p> <p>Visit: <a href="http://www.sfad.org.uk">www.sfad.org.uk</a></p>	<p><b>Scottish Families affected by Alcohol and Drugs</b> supports anyone who is concerned about someone’s alcohol or drug use. By family we mean family members, carers, friends, neighbours, work colleagues, or any concerned significant other.</p> <p><b>The Scottish Families Bereavement Support Service</b> is for anyone who has lost someone who used drugs. This doesn’t mean that drugs have to be the main cause for the person’s death – if the person used drugs in their lives but passed away of other causes, our bereavement service can offer support.</p>

**Spiritual Care Staff  
NHS**

Contact: Geoff Williams

Tel: 07884 234 525

Email:  
[Geoff.williams@nhs.net](mailto:Geoff.williams@nhs.net)

**The Department of Spiritual Care** offers a confidential, safe, listening space to support those who come into contact with the NHS health service (patients, carers or staff members both in the hospital or community setting), regardless of their beliefs.

**Support in Mind  
Scotland Tayside  
Perth & Kinross  
Carers Support  
Project**

Address:  
8 Atholl Crescent  
Perth. PH1 5NG

Helpline: 0131 662 4359  
Tel: 01738 580 899  
Mob: 07920 490534

Visit:  
[www.supportinmindscotland.org.uk/pandkcarers](http://www.supportinmindscotland.org.uk/pandkcarers)

Email:  
[pandkinfo@supportinmindscotland.org.uk](mailto:pandkinfo@supportinmindscotland.org.uk)

**Support in Mind Scotland Tayside** offers a range of services across Perth and Kinross for those supporting someone with a mental illness. Our free and confidential service can offer individuals emotional and practical support, along with a range of information and advice, in the form of tailored one to one support. We also facilitate a variety of regular peer support groups in several locations around Perth & Kinross and regular information sessions with professional guest speakers on mental health topics. The project also offers the opportunity to use your own views and experiences to help improve the quality of mental health services.

**SupportLine**

Telephone helpline open:  
Tuesday, Wednesday and  
Thursday: 5pm to 7.30pm  
Tel: 01708 765200

Email:  
We aim to respond within  
two working days – for  
email support contact  
[info@supportline.org.uk](mailto:info@supportline.org.uk)

Visit:  
[www.supportline.org.uk](http://www.supportline.org.uk)

**SupportLine** offer confidential emotional support to children, young adults and adults by telephone, email and post.

They work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self-esteem to encourage healing, recovery and moving forward with life.



**Survivors of Bereavement by Suicide (SOBS)**

Every day, 9am - 9pm  
Tel: 0300 111 5065  
[www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

A self-help organisation: we aim to provide a safe, confidential environment in which bereaved people can share their experiences and feelings, so giving and gaining support from each other. We also strive to improve public awareness and maintain contacts with many other statutory and voluntary organisations.

**Trauma Counselling Line Scotland**

Tel: Freephone number 08088 020406  
Email: [counselling@health-in-mind.org.uk](mailto:counselling@health-in-mind.org.uk).

**Trauma Counselling Line Scotland** takes both self-referrals and third-party referrals.

This service is available for anyone who lives in the Perth and Kinross local authority area. FREE telephone counselling is provided to people who have experienced abuse in their childhood.

**Tulloch Net**

Contact: Grant MacLaughlan

Address:  
Unit 2, Tulloch Square,  
Perth. PH1 2PW

Opening Hours:  
8:30am and 12 noon

Tel: 01738 562731  
Mob: 07790 518 041

Email:  
[grantmac.tullochnet@gmail.com](mailto:grantmac.tullochnet@gmail.com)

For weekly updates visit our Facebook page  
<https://www.facebook.com/lovetulloch>

**Tulloch Net** is a community initiative based on the Christian values of unconditional love, respect and hope. Open to all. It's a place to meet and make new friends, where people can access support and contribute their ideas. They can also help with making phone calls, filling in forms and accessing other agencies.

**The Tulloch Net Listening Service**  
If you need to talk, then we are here to listen. Whether it is bereavement, problems at home, difficulties at work, health concerns, relationship difficulties, financial burdens or something else, then we are available to listen.

In the **Home Visiting Project**, their befrienders visit those who feel lonely or isolated. Visits are normally for 1 hour every week.

## **Victim Support**

Helpline open:  
Monday – Friday  
From 8am - 8pm  
Tel: 0345 603 9213

Address: Unit 1,  
Highland House,  
St Catherine's Road  
Perth. PH1 5YA

Office hours:  
Mon – Friday, 9am to 5pm  
Tel: 01738 567171

Email:  
[victimsupport.perth&kinross@victimsupportsco.org.uk](mailto:victimsupport.perth&kinross@victimsupportsco.org.uk)

**Victim Support** is a free confidential service available to all victims and witnesses of crime including young males and females (aged 12-18) and all adults. Emotional support and practical help will be given for people struggling to cope with a crime, or who have been called as a witness in a court case. Support can be short or long term and can be self-referred, or by any agency, even if the crime has not been reported to Police. We also support all adults experiencing suicidal ideation, often as a result of historic abuse, through our Choose Life Project.

## MENTAL WELLBEING SERVICES

### Employment Support Team (PKC)

Perth & Kinross Council  
41d St. Catherine's Road  
Perth. PH1 5SJ  
  
Tel: 01738 477638 (Perth)  
01250 871932 (Blairgowrie)  
E-mail:  
[HCCEmploymentSupport@pkc.gov.uk](mailto:HCCEmploymentSupport@pkc.gov.uk)  
Websites: [www.pkc.gov.uk/est](http://www.pkc.gov.uk/est)

**The Employment Support Team** offers employability related support to people with severe and enduring mental health conditions, learning disabilities, autism and acquired brain injury to prepare for, find and maintain paid employment.

### Gowrie Care

Address: 55 Huntingtower Road  
Perth PH2 2LH  
Tel: 01738 630232  
Or 01738 474929  
Visit: [www.gowriecare.co.uk](http://www.gowriecare.co.uk)  
Email:  
[reception@hillcrestha.org.uk](mailto:reception@hillcrestha.org.uk)

**Gowrie Care** provides a range of outreach services to people living with mental health problems including supporting people to maintain their tenancy and exploring education and employment opportunities.

### Mental Health Support Perth & Kinross Council

**Aberfeldy Team**  
Address: Breadalbane Community Campus, Crieff Road, Aberfeldy.  
PH15 TDU  
Tel: 01887 822462

**Blairgowrie Team**  
Address: St Catharine's Centre, George Street, Blairgowrie.  
PH10 6EY  
Tel: 01250 874217

**Crieff Team**  
Address: Crieff Learning Centre, Lodge Street, Crieff. PH7 4DW  
Tel: 01764 657861

**Kinross Team**  
Address: Kinross Loch Leven Community Campus, The Muirs, Kinross. KY13 8FQ  
Tel: 01577 867320

These **Mental Wellbeing Services** offer a range of support and opportunities to adults with mental health needs aged 16 years and over in rural Perth and Kinross.

These services are community based and offer individual and group support to improve mental wellbeing, social inclusion and recovery.

**Email for all:**  
[Communitycare@pkc.gov.uk](mailto:Communitycare@pkc.gov.uk)

### MoveAhead

Contact:  
Pam Lamond  
  
Tel: 01738 413070

**Move Ahead** aims to help people to regain confidence, self-esteem, enhance individual skills and realise their potential. Individual or group activities include:  
Leisure, Educational, Recreational, Social, Voluntary work and Work preparation

<b><u>MEN'S SHEDS</u></b>	Men are invited to call in, have a coffee, chat, create, craft, experiment, teach and learn, whilst socialising with other like-minded fellows. Share interests such as: crafts, modelling, woodwork, carpentry, metalwork, mechanics, painting, I.T., casting and much, much more.
<b>Auchterarder &amp; District Men's Shed</b>	24 High Street, Auchterarder. PH3 1DF Contact: John Boyd Tel: 07767876489 Email: auchterardershed@gmail.com Group meet at Parish Church Community Centre each Tuesday 2pm-4pm
<b>Breadalbane Men's Shed</b>	Caber Coaches, Chapel Court, Chapel Street, Aberfeldy. PH15 2AS Contact: Bill Muntus Tel: 07773389085 Email: billmuntus@btinternet.com Facebook: Breadalbane Men's Shed Group meet each Tuesday from 1pm - 3pm & Friday 10.15am – 1.00pm.
<b>Comrie &amp; District Men's Shed</b>	Hut 65, Cultybraggan Camp, Comrie, Perthshire. Tel: 07493 835062 E-mail: info@comrieshed.org.uk Visit: Comrieshed.org.uk Facebook: Comrie Shed Group meet each Tuesday and Saturday from 10am – 4pm
<b>Kinross Men's Shed</b>	Crawford Place, Milnathort. KY13 9XF. Contact: Glen Douglas Tel: 07388 869934 Email: chairman.kdms@gmail.com Facebook: www.facebook.com/MSKinross/ Group meet at West Warehouse, Forth Wines every Saturday 10am-2pm and Wednesday 11am-3pm
<b>Perth Men's Shed</b>	Gowans Terrace, Perth. PH1 5BF. Contact: Colin Hunter Tel: 07934909758 Email: daxhunter56@gmail.com Facebook: Perth Men's Shed Group meet at North Inch Community Campus, Perth. Access to the Technical Suite of rooms: Wednesday 5pm-8pm & Saturday 10am - 1pm
<b>Stanley &amp; District Men's Shed</b>	Mill Street, Stanley, Perthshire. PH1 4LZ. Contact: Alex Cockburn Tel: 01738 828606 Email: cobystanley@btinternet.com Group meet at Stanley Bowling Club every Thursday from 10am - 12pm.
<b>Strathmore Men's Shed</b>	Lower Mill Street, Blairgowrie. PH10 6NG. Contact: Edwin Petrie Tel: 01250 876472/07989 852446 Email: edwin@repetrie.com Group currently share space with Wisecraft, 10 Lower Mill Street, Blairgowrie. PH10 6NG. Meet each Tuesday from 5.30pm- 9pm.

**Mindspace  
Recovery  
College**

Address: 18 - 20 York Place,  
Perth. PH2 8EH

Tel: 01738 639657

Email: [admin@mindspacepk.com](mailto:admin@mindspacepk.com)

Visit: [www.mindspacepk.com](http://www.mindspacepk.com)

**Mindspace** works with people with mental health needs, their carers, families, friends etc. They provide a learning approach to understanding and managing poor mental health in a safe, non-judgemental environment. For those people experiencing isolation because of their illness they run café and social networking groups

**The Recovery College** also has a resource library on its premises. It is free to access, for students of the college, family members, carers and professionals. We have a wide variety of books, leaflets and DVDs about understanding a diagnosis, self-help, personal accounts of mental health and recovery and much more.

**Number 3  
One Stop  
Shop**  
for adults  
with autism

Number 3 One Stop Shop  
3 King Street  
Perth  
PH2 8HR

Tel: 01738 449327

Email:  
[jill.murdoch@aiscotland.org.uk](mailto:jill.murdoch@aiscotland.org.uk)  
[Claire.nichol@aiscotland.org.uk](mailto:Claire.nichol@aiscotland.org.uk)  
[Julie.ramsay@aiscotland.org.uk](mailto:Julie.ramsay@aiscotland.org.uk)

Website:  
[www.perthoss.org.uk](http://www.perthoss.org.uk)

**FREE SERVICE**

**Number 3** is a free, person-centred support service for adults with an autism spectrum condition.

It offers a wide range of advice, information, activities and support services.

To access Number 3 you need to:

- Be 16 years old, or over
- Have, or be seeking, a diagnosis of an autism spectrum condition including high functioning autism or Asperger syndrome
- Live within the Perth and Kinross Region

**P.A.S.T.**  
(Perth  
Addiction  
Support  
Team)

Any service user or service provider wishing to make use of our services, or for more information or to enquire about group membership please contact us on:

Tel: 07516 427 810

E-mail: [pastgroup1@gmail.com](mailto:pastgroup1@gmail.com)

**P.A.S.T** is a newly-formed peer support group, working in Perth and surrounding areas. Their main aim is to provide support to people who are experiencing difficulties in their own recovery from addictions. They are able to perform this function with a good level of empathy for any potential clients and their needs as all of our group members who have volunteered to be mentors have had a real life personal experience of substance misuse and recovery from various types of addiction.

**Perth &  
Kinross  
Employability  
Network  
(PKC)**

Address: Perth & Kinross Council  
41d St. Catherine's Road  
Perth. PH1 5SJ

Email: [contact@pkemploy.net](mailto:contact@pkemploy.net)

Web: [www.PKEmploy.net](http://www.PKEmploy.net)

Twitter: @PKEmpNet

**The Perth & Kinross Employability Network** was formed in August 2011 to improve employability services for young people and adults with additional challenges such as disability, illness or a history of offending. The Network provides a wide range of support, opportunities and volunteering or work experience placements to help people achieve their personal goals. The network currently has 38 member organisations providing some, or all, of the 5 stages of the Employability Pipeline.

**Perth Six  
Circle Project**

Address: Aultbea House,  
North Square,  
3 Edinburgh Road,  
Perth. PH2 8AT

Tel: 01738 445 384

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

Open: Tues/ Wed/ Thurs  
9.00 – 16.30

**Perth Six Circle Project** supports adults aged 18+ with a variety of complex and challenging issues such as those with severe and enduring mental health needs, those recovering from the effects of substance misuse and those who have prison experience.

The mission of the Project is: To

support disadvantaged adults who face multiple barriers improve the quality of their lives through: gaining skills and knowledge; accessing a full range of external support services; living healthier, more independent lives and ultimately reintegrating into their local community.

This is achieved through three core, structured programmes - Community Enhancement, Living Independently and Personal Wellbeing along with our Broadening Horizons element of each programme. Further details of these exciting opportunities can be found on our website or by calling Kevin.

**PKAVS  
Mental  
Health &  
Wellbeing  
Hub**

Address: The Walled Garden & Café,  
Muirhall Road, Perth. PH2 7BH

Tel. 01738 631777

Open to clients from  
9.30am to 3.30pm

Café open to the public  
from 11am to 3pm

Gardens open to the public  
from 9.30am to 4pm

**Wisecraft**

Address: 10 Lower Mill Street,  
Blairgowrie. PH10 6NG

Tel: 01250 874777

Open to clients from  
9.30am to 3.30pm

**PKAVS Mental Health & Wellbeing Hub** provides community-based and outcomes-focussed support for adults recovering from mental ill health. With services in Perth City (Walled Garden, Perth) and Strathmore (Wisecraft, Blairgowrie), the Hub offers a diverse range of activities spanning areas such horticulture, joinery, arts & crafts, catering and physical health.

Activities support clients on their recovery journey, producing positive outcomes in relation to health and wellbeing, knowledge and life opportunities, independence and self-confidence. We accept self-referrals and referrals from both statutory and voluntary agencies for those aged 16+. We also accept referrals for those in hospital but ready for discharge.

**Richmond Fellowship**

Tel: 01738 440822

Visit: [www.trfs.org.uk](http://www.trfs.org.uk)

**Richmond Fellowship** provides support in the community for people living with a mental health problem and can include ongoing monitoring and intervention and one-to-one support in a person's own home. They also offer **Shared Lives** service where people are supported by someone called a 'Shared Lives Carer'. The carer will share their family home.

**Saints Academy Inclusion Through Sport Project (SAINTS)**

Contact: Dave Black  
Projects Manager

Tel: 01738 459 095

Email :  
[dave.black@saintsinthecommunity.co.uk](mailto:dave.black@saintsinthecommunity.co.uk)

Website:  
<https://www.saintsinthecommunity.co.uk/>

**St. Johnstone F.C & The St Johnstone Community Trust** signed the 'see me' pledge & are tackling stigma through sport. The SAINTS Project runs a Mental Wellbeing Group, which provides regular sporting opportunities & activities for adults who have experienced mental ill-health or who are recovering from substance misuse problems. People can join the mental wellbeing football squad; take part in other sports or activities which may be of interest, or get the chance for some personal development, such as gaining football coaching certificates.

**Scottish Families Affected by Alcohol & Drugs**

Helpline: 0808 010 1011

Open:

Mon - Fri from 9am - 11pm

Sat & Sun from 5pm - 11pm

Website [www.sfad.org.uk](http://www.sfad.org.uk)

Helpline providing listening support, advice, information and signposting to families who are affected by someone else's alcohol or drugs misuse.

**Tayside Council on Alcohol**

Contact: Sandra Ritchie

Mob: 07880 382107 or

Perth office: 01738 580336

Visit: [www.alcoholtayside.com](http://www.alcoholtayside.com)

We offer services to anyone over the age of 16 who is affected by their own, or another's alcohol misuse. We provide cognitive behavioural counselling (a form of counselling which helps people understand the links between what they do and how they feel, what they think about themselves and the other people in their lives).



## SUPPORT FOR CHILDREN AND YOUNG PEOPLE

### Barnardo's Hopscotch Project

Address: Almondbank House  
North Muirton  
Lewis Place  
Perth  
PH1 3BD

Tel: 01738 472 270

Text: 07825 608 362

**Barnardo's Hopscotch** provides direct support to children and young people aged 5-18 years, affected by parental substance misuse. We do this through;

- Assessment and therapeutic interventions for children and young people.
- Therapeutic group work experience
- Befriending service for children and young people
- Confidential counselling service for children and young people aged 12-18 years
- Mentoring service for young people aged 12-18 years

Hopscotch works across all of Perth and Kinross.

### CAMHS - Child & Adolescent Mental Health Services

Address: NHS Tayside CAMHS  
Centre for Child Health  
19 Dudhope Terrace  
Dundee. DD3 6HH

Tel: 01382 204004

**CAMHS** offers assessment and treatment for Children and Young People up to the age of 16, or 18 if they are still at school. Children, young people and families can access CAMHS through a wide range of workers - school, paid staff from voluntary agencies, social work, school nurse or G.P.

### Change is a Must Multi Agency Team

Open: Daily, 9.00 – 17.00

For an initial discussion, contact: Ann-Marie Kennedy

Tel: 01738 472296 or  
Email: [AKennedy@pkc.gov.uk](mailto:AKennedy@pkc.gov.uk)

and referral forms can be sent to you

Address: Almondbank House,  
Lewis Place, North Muirton,  
Perth. PH1 3BD.

**'Change is a Must'** works intensively with families affected by parental substance misuse, where there are children from pre-birth to 8 years of age where decisions need to be made about their long term care due to risks identified. The team undertakes comprehensive assessments and individually tailored programmes of support.

<p><b>ChildLine</b> National Service</p>	<p>Tel: 0800 11 11</p> <p>Visit: <a href="http://www.childline.org.uk/pages/home.aspx">www.childline.org.uk/pages/home.aspx</a></p>	<p><b>ChildLine</b> is a private and confidential service for children and young people up to the age of 19 years. ChildLine counsellors can be contacted about anything.</p>
<p><b>Harbour Counselling</b></p>	<p>Address: Shore Road, Perth. PH2 8BD</p> <p>Tel: 01738 449 102</p> <p>Visit: <a href="http://www.harbourperth.org.uk">www.harbourperth.org.uk</a></p>	<p><b>Harbour Counselling</b> offers an independent and confidential counselling service for children aged 12 years and older.</p>
<p><b>Hopeline UK</b> (via Papyrus)</p>	<p>Open: Mon – Fri from 10am - 5pm Saturday from 7pm - 10pm Sunday from 2pm - 5pm</p> <p>Tel: 0800 068 4141</p> <p>Visit: <a href="http://www.papyrus-uk.org/help-advice/about-hopelineuk">www.papyrus-uk.org/help-advice/about-hopelineuk</a></p>	<p><b>HOPELineUK</b> is a confidential helpline, staffed by trained professionals who give non-judgemental support, practical advice and information to</p> <ul style="list-style-type: none"> <li>○ Young people under the age of 35 feeling suicidal</li> <li>○ Anyone concerned that a young person may be at risk of suicide</li> </ul>
<p><b>Includem</b></p>	<p>Open: 24 hours per day</p> <p>Tel: 0808 800 0408</p> <p>Visit: <a href="http://www.includem.org">www.includem.org</a></p>	<p><b>Includem</b> is a free 24 hour helpline providing support for troubled and vulnerable young people, their family and carers.</p>
<p><b>Kith 'n' Kin</b> Tayside Council on Alcohol</p>	<p>Open: The Perth Office is normally staffed for the receipt of phone calls between 10am - 2pm on weekdays.</p> <p>For further information please check our website <a href="http://www.alcoholtayside.com">www.alcoholtayside.com</a></p> <p>Or contact: Jackie Waugh Email: <a href="mailto:Jackie.waugh@alcoholtayside.com">Jackie.waugh@alcoholtayside.com</a></p> <p>Mobile: 078803 82119</p> <p>Perth office: 01738 580336</p>	<p><b>Kith 'n' Kin</b> is a kinship care programme, working with carers and young people up to the age 18, who live in kinship care.</p> <p>The programme has a person-centred approach; helping young people and carers to build stronger relationships, social skills and confidence and also to understand there are other young people who also live in kinship care, so they're not alone.</p> <p>Kith' n' Kin runs weekly groups term time only, as well as a summer programme for young people and carers.</p>

<p><b>Mindspace Counselling</b></p>	<p>Address: 18-20 York Place, Perth. PH2 8EH</p> <p>Tel: 01738 631 639 Text: 07807 463 260</p> <p>Email: <a href="mailto:info@mindspacepk.com">info@mindspacepk.com</a></p> <p>Visit: <a href="http://www.mindspacepk.com">www.mindspacepk.com</a></p>	<p><b>Mindspace</b> offers a service for young people living in Perth aged 11-17 years and a rural young people's service for young people aged 11 – 25 years.</p>
<p><b>Perth &amp; Kinross Childcare &amp; Family Information Service</b></p>	<p>Address: Community Wing, Perth Grammar School, Gowans Terrace, Perth. PH1 5AZ</p> <p>Tel: 0345 601 4477</p> <p>E-mail: <a href="mailto:childcare@pkc.gov.uk">childcare@pkc.gov.uk</a></p> <p>Visit: <a href="http://www.families.scot">www.families.scot</a></p>	<p><b>Perth &amp; Kinross Childcare and Family Information Service</b> provide Information and guidance on the wide range of childcare services across Perth and Kinross together with details of other services and sources of support available to children and families</p>
<p><b>PKAVS Carers Hub Young Carers and Young Adult Carers Services</b></p>	<p>Address: PKAVS, The Gateway, North Methven Street, Perth PH1 5PP</p> <p>Tel: 01738 567076</p> <p>Email: <a href="mailto:carershubadmin@pkavs.org.uk">carershubadmin@pkavs.org.uk</a></p> <p>Visit: <a href="http://www.pkavscarershub.org.uk/YCindex">www.pkavscarershub.org.uk/ YCindex</a></p>	<p><b>The Young Carers Hub</b> provides opportunities for young carers aged 5 - 15 years to be children first and carers second.</p> <p><b>The Young Adult Carers Hub</b> offers support to carers aged between 16 and 25.</p> <p>The Project will support young carers and young adult carers with their social, emotional and educational needs through:</p> <ul style="list-style-type: none"> <li>• Residentials and day trips</li> <li>• Respite groups</li> <li>• School support</li> <li>• One to one support</li> <li>• Family support</li> <li>• Information, advice and advocacy</li> <li>• Carers Assessments</li> </ul>
<p><b>Rowan Counselling</b></p>	<p>Address: 4 Kinnoull Street, Perth. PH1 5EN</p> <p>Tel: 01738 562 005</p> <p>Email: <a href="mailto:rowan@rowan-consultancy.co.uk">rowan@rowan-consultancy.co.uk</a></p> <p>Visit: <a href="http://www.rowan-consultancy.co.uk">www.rowan-consultancy.co.uk</a></p>	<p><b>Rowan Counselling</b> provides a face to face counselling service for children 4 – 18 years old.</p>

<p><b>Samaritans</b></p>	<p>Address: 3 King's Place, Perth. PH2 8AA</p> <p>Tel: 116 123</p>	<p><b>Samaritans</b> offer a free telephone service to high school aged children</p>
<p><b>Strathmore Centre Youth Development (SCYD)</b></p>	<p>Address: Wellmeadow House, Gas Brae, Blairgowrie. PH10 6AY</p> <p>Tel: 01250 872121</p> <p>Email: <a href="mailto:admin@scyd.org.uk">admin@scyd.org.uk</a></p>	<p><b>SCYD</b> is open to all young people in the Strathmore and the Glens area. SCYD offers information, support and access to services on a wide range of issues such as debt and money worries, family problems, school, health, housing and employment.</p>
<p><b>TCA Perth Young Person's Services</b> Tayside Council on Alcohol</p>	<p>Open: The Perth Office is normally staffed for the receipt of phone calls between 10am - 2pm on weekdays. In addition, you can contact the main contact person listed below</p> <p>For further information please check our website <a href="http://www.alcoholtayside.com">www.alcoholtayside.com</a></p> <p>Main contact is: Sandra Ritchie, Senior Practitioner</p> <p>E-mail: <a href="mailto:Sandra.Ritchie@alcoholtayside.com">Sandra.Ritchie@alcoholtayside.com</a></p> <p>Tel: 01738 580336 or Work mobile 078803 82107</p>	<p><b>TCA Perth Young Person's Services</b> We can offer bespoke groups for young people affected by alcohol and substance misuses.</p> <p>Please get in touch with your requirements</p>
<p><b>The Perth &amp; Kinross Schools Bereavement Project</b></p> <p>Partnership with PKC, NHS and Cruse Bereavement Care</p>	<p>Websites: <a href="http://www.schoolsbereavement.org.uk">www.schoolsbereavement.org.uk</a></p> <p><a href="http://www.littlewebsite.org">www.littlewebsite.org</a></p>	<p><b>The Perth &amp; Kinross Schools Bereavement Project</b> is collaboration between NHS Tayside, Perth &amp; Kinross Council and Cruse Bereavement Care Scotland. The project arranges training sessions for teachers, places bereavement resources in schools and has hosted conferences with international speakers. The project has also published The Little Book of Loss written by local primary school pupils and is about to publish The Smart Grief Guide (website to follow) written by a group of local secondary school students.</p>

<p><b>The WEB Project / Streets Ahead Gowrie Care</b></p>	<p>Address: 55 Huntingtower Road, Perth. PH1 2LH</p> <p>Tel: 01738 474926</p> <p>Mobile: 07452916292</p> <p>Email: <a href="mailto:KHowell@gowriecare.org.uk">KHowell@gowriecare.org.uk</a></p>	<p><b>The WEB Project</b> provides support for young people aged 10-24 around mental health issues, sexual health education, self-harm, suicidal thoughts and drug and alcohol use.</p> <p>We also offer a drop-in service for young people each Thursday at Perth College from 3pm – 5pm.</p>
<p><b>Winston’s Wish National Service</b></p>	<p>Tel: Freephone helpline 08088 020 021</p> <p>Visit: <a href="http://www.winstonswish.org.uk">www.winstonswish.org.uk</a></p>	<p><b>Winston’s Wish</b> offer practical support, information and guidance to all those caring for a child or young person who has been bereaved.</p>
<p><b>Young People’s Health Service NHS</b></p>	<p>Contact: Dawn Blyth Lead Young People's Nurse</p> <p>Address: Room 91, Drumhar Health Centre, North Methven Street, Perth. PH1 5PD</p> <p>Tel: 01738 564 274</p> <p>Drop in: 01738 564 294</p> <p>Email: <a href="mailto:dawn.blyth@nhs.net">dawn.blyth@nhs.net</a></p>	<p><b>Young People’s Health Team</b> offers a health and information service for young peoples aged 12 - 25 years. One on one support is available for young people who are homeless, are care leavers, living in local regenerations areas, young carers or are not engaged in education employment or training. A school service is offered every Tuesday in Blairgowrie. A drop in service: Citybase @ Scott Street, Perth (Monday 2.30pm - 4.30pm and Saturday 1pm - 4pm).</p>
<p><b>Young Scot Infoline</b></p>	<p>Open: Mon - Fri, 10am - 6pm</p> <p>InfoLine: 0808 801 0338</p> <p>Visit: <a href="http://www.youngscot.org">www.youngscot.org</a></p>	<p>Enquiry service for young people on any topic, from money to health</p>

## PRACTICAL ADVICE AND INFORMATION

### Access Team Social Work & Community Care Services Perth & Kinross Council

Address: Pullar House,  
35 Kinnoull Street,  
Perth. PH1 5GD

Tel: 0345 30 111 20

Email:  
[AccessTeam@pkc.gov.uk](mailto:AccessTeam@pkc.gov.uk)  
Web: [www.pkc.gov.uk](http://www.pkc.gov.uk)

**The Access Team** is the first point of contact for anyone aged 16 or over who requires support from the Council's community care services, such as social work or mental health.

### Citizens Advice Bureau

Address: 7 Atholl Crescent,  
Perth. PH1 5NG

Tel: 01738 450 580

**Perth Citizens Advice Bureau** gives confidential and impartial advice, independent information and assistance on a wide range of issues, including welfare benefits, employment, legal issues, housing, immigration and utilities.

### Giraffe Trading

Address: 51-53 South Street,  
Perth. PH2 8PD

Tel. 01738 449227

Email:  
[info@checkin-giraffe.uk](mailto:info@checkin-giraffe.uk)

**Giraffe Trading** offer personal support, work experience and vocational and employability training through their range of Perth-based social enterprises that can assist individuals with barriers to entering a work environment. The organisation helps individuals to make the steps towards returning to work, or onto other college or sector courses that will help develop their careers further. Work experience placements are currently available in catering, retail, hospitality and gardening.

### Independent Advocacy

Address: 90 Tay Street,  
Perth. PH2 8NP

Tel: 01738 587 887

Email: [info@iapk.org.uk](mailto:info@iapk.org.uk)

Web: [www.iapk.org.uk](http://www.iapk.org.uk)

**Independent Advocacy** supports adults and children to find out information, explore their options, to give their views or to speak on their behalf in situations they may find overwhelming or stressful.

**PKAVS Carers Hub  
Adult Carers Services**

Address: PKAVS,  
The Gateway,  
North Methven Street,  
Perth  
PH1 5PP

Tel: 01738 567076

Email:  
[carershubadmin@pkavs.org.uk](mailto:carershubadmin@pkavs.org.uk)

Visit:  
[www.pkavscarershub.org.uk/](http://www.pkavscarershub.org.uk/)

Providing information, support and advice to adult carers, including:

- Information on support services for carers and how to access them, including key contacts
- Information and guidance on respite opportunities (short breaks and available funding for carers etc.)
- Financial advice i.e. Carers Allowance, Self-Directed Support
- Advice on guardianship/power of attorney
- Information on Carers Rights
- Signposting to relevant services that can help carers needs

**PLUS Perth**

Address: 77 Canal Street,  
Perth. PH2 8JJ

Tel: 01738 626 242

Email: [plusperth@msn.com](mailto:plusperth@msn.com)

**PLUS Perth** is a social movement led by people who have used mental health services.

PLUS challenge stigma and prejudice, promotes recovery and influences positive changes within mental health services.

Opportunities for individuals recovering from mental illness, to utilise their strengths and assets in contributing to the work of PLUS are also offered.

**Welfare Rights Team  
Perth & Kinross  
Council**

Address: Pullar House,  
35 Kinnoull Street,  
Perth. PH1 5GD

Tel: 01738 476 900

Email: [welfarerights@pkc.gov.uk](mailto:welfarerights@pkc.gov.uk)

Web: [www.pkc.gov.uk](http://www.pkc.gov.uk)

**The Welfare Rights Team** aims to ensure that Perth & Kinross residents are not missing out on their entitlement to benefits and other related help by providing a free, confidential and impartial benefits advice, information and appeal representation service.

## NHS/SOCIAL WORK SERVICES

<p><b>Adult Psychological Therapies Service (APTS)</b></p> <p><b>Acute Mental Health Team (AMHRT)</b></p> <p><b>Community Mental Health Team (CMHT)</b></p> <p><b>NHS</b></p>	<p>Tel: 111 or own GP</p> <p><b>Referrals by GP only</b></p>	<p><b>Adult Psychological Therapies Service (APTS)</b> provides support to people with mild to moderate symptoms of psychological distress (such as anxiety or depression. GP referrals only.</p> <p><b>Acute Mental Health Response Team (AMHRT)</b> provides an emergency mental health assessment within 4hrs of referral, for individuals requiring immediate/crisis type support.</p> <p><b>The Community Mental Health Team (CMHT)</b> provides support to individuals with severe or enduring mental health problems for people aged 16-65, with an equivalent service for older adults (over 65 years) within Older Adults Psychology service for Tayside.</p>
<p><b>Community Mental Health Team (CMHT)</b></p> <p><b>Perth &amp; Kinross Council</b></p>	<p>North Locality (Blairgowrie/Pitlochry) Tel: 01828 626 000</p> <p>Perth City Tel: 01738 413 070</p> <p>South Locality (Crieff/Kinross) Tel: 01764 657 120</p>	<p>A team of multi-disciplinary staff working with individuals aged 16-64 years who are experiencing severe and/or enduring mental health problems, with an equivalent service for older adults (over 65 years).</p>
<p><b>Out of Hours MHO Service Perth &amp; Kinross Council</b></p>	<p>Address: Murray Royal Hospital SWS, Muirhall Road, Perth. PH2 7BH</p> <p>Tel: 01738 562280</p> <p>Address: Access Team, Pullar House, 35 Kinnoull Street, Perth. PH1 5GD</p> <p>Tel: 0345 30 111 20</p>	<p><b>Out of Hours Social Work</b> operates from 5.00pm – 8.45am, responding To social work needs.</p>



## SUPPORT FOR SERVING AND FORMER ARMED FORCES PERSONNEL AND THEIR FAMILIES

### Combat Stress National Service

A free 24-hour Helpline is available on: 0800 138 1619

Web: [combatstress.org.uk](http://combatstress.org.uk)

**Combat Stress** is the UK's leading mental health charity for veterans of the UK Armed Forces, providing free specialist clinical treatment and support to ex-servicemen and women and currently serving members of the Reserve Forces across the UK with mental health conditions. They provide specialist treatment at three treatment centers, practical and clinical support in the Community and a free 24-hour Helpline.

### Forcesline National Service

Tel: 0800 731 4880

**Forcesline** is a confidential helpline that provides a supportive, listening and signposting service for serving personnel and former members of the Armed Forces and their families.

### SSAFA

Address: 131 Dunkeld Road,  
Perth. PH1 5BT

Tel: 01738 625 346

Web: [perth@ssafa.org.uk](mailto:perth@ssafa.org.uk)

**SSAFA** provides practical, financial and emotional lifelong support to anyone (and their families) that is currently serving or has ever served in any of the Armed Forces.

### Veterans First Point Tayside (V1P Tayside)

Address: Dundee Health & Social Care Partnership,  
NHS Tayside,  
The Cottage,  
Kings Cross Hospital,  
10 Hospital Street,  
Dundee. DD3 8EA

Office hours are:  
Monday-Friday  
from 9am to 5pm

Tel: 01382424029  
Mobile: 07811471443

**V1P Tayside** opened on 1st September 2015 and works alongside Dundee Health & Social Care Partnership and NHS Tayside.

The V1P Tayside team, consisting of NHS Tayside Clinicians, Therapists, Peer Support Workers and admin, offer; individual/confidential peer support and/or mental health appointments for veterans and their families within Tayside (Dundee, Perth and Angus). Appointments can be booked over the phone, or by dropping in to see the team.

V1P Tayside provides:-

- Information and signposting
- Understanding and listening
- Support and social networking
- Health and wellbeing

## MINORITY AND ETHNIC COMMUNITIES

<p><b>Amina Muslim Women's Helpline</b></p>	<p>Helpline Team Address: Amina - the Muslim Women's Resource Centre, Citywall House, 32 Eastwood Avenue, Glasgow. G41 3NS</p> <p>Tel: 0141 212 8420 (Office) Tel: 0808 801 0301 (Helpline)</p> <p>Working Hours: Monday: 10:00am - 6pm Tuesday: 10:00am - 6pm Thursday: 10:00am - 6pm</p> <p>Web: <a href="http://www.mwrc.org.uk">www.mwrc.org.uk</a></p>	<p>Information, advice and listening support for Muslim women</p>
<p><b>Jewish Women's Aid</b></p>	<p>Helpline open: Monday - Thursday From 9.30am-9.30pm Tel: 0808 801 0500</p> <p>Northern Office open: Monday - Friday Tel: 0161 772 4071</p> <p>Head Office open: Monday - Friday Tel: 0208 445 8060</p> <p>Website: <a href="http://www.jwa.org.uk">www.jwa.org.uk</a> Email: <a href="mailto:advice@jwa.org.uk">advice@jwa.org.uk</a></p>	<p><b>Jewish Women's Aid</b> provides practical and emotional support for Jewish women and their children affected by domestic violence and abuse, including: advocacy; safety planning and access to safe housing; legal and financial advice; counselling; prevention work in schools; Safer Dating outreach to 16-25's on campus and young professionals; professionals' training; awareness-raising in the community.</p>
<p><b>MECOPP – (Minority Ethnic Carers of People Project)</b> Gypsy/Traveller Carers' Project</p>	<p>Contact: Lucy Arnot Tel: 07957 652 413 Email: <a href="mailto:lucy@mecopp.org.uk">lucy@mecopp.org.uk</a></p>	<p><b>MECOPP</b> provides support to Gypsy/Traveller carers and their families across Perth and Kinross who live in housing, on sites, and on roadside camps. The support includes outreach work, community led research, film making, casework and training.</p>

**Muslim Community Helpline**

Open:  
Mon – Fri from 10am - 1pm

Tel: 020 8908 6715

Web: [www.muslimcommunityhelpline.org.uk](http://www.muslimcommunityhelpline.org.uk)

**The Muslim Community**

**Helpline** has been in operation since March 2007 and aims to provide a listening and emotional support service for members of the community in the United Kingdom.

**PKAVS Minority Communities Hub**

Address: The Gateway,  
North Methven Street,  
Perth. PH1 5PP

Web: [www.pkavs.org.uk](http://www.pkavs.org.uk)

Tel: 01738 567076

**PKAVS Hub** provides a range of services to minority communities, assists migrant families and minority ethnic carers affected by disability, health and older age.

## WEBSITES

<b>Aye Mind</b>	<a href="http://ayemind.com/">http://ayemind.com/</a>	<b>Aye Mind</b> aims to improve the mental health and wellbeing of young people by making better use of the internet, social media and mobile technologies
<b>Beating the Blues</b>	<a href="http://www.beatingtheblues.co.uk">www.beatingtheblues.co.uk</a> <b>Referral via a health professional only, including GP's.</b>	Computerised CBT for people experiencing anxiety or low mood, this website can help people make the link between how they think and how this influences feelings and behaviours.
<b>Books on Prescription</b>	<a href="http://www.nhstayside.scot.nhs.uk/bookprescription/index.htm">http://www.nhstayside.scot.nhs.uk/bookprescription/index.htm</a>	Self-help books available to borrow in Perth and Kinross libraries
<b>Cool2Talk</b>	<a href="http://www.cool2talk.org/">http://www.cool2talk.org/-</a>	<b>Cool2talk</b> is an interactive website for young people in Tayside. Its aim is to provide health information and raise awareness of local services. It allows young people to submit questions on health issues and receive replies from a professionally qualified health worker.
<b>Moodgym</b>	<a href="http://www.moodgym.anu.edu.au/welcome">www.moodgym.anu.edu.au/welcome</a>	Learn cognitive behaviour therapy (CBT) skills for preventing and coping with depression.
<b>Moodjuice</b>	<a href="http://www.moodjuice.scot.nhs.uk">www.moodjuice.scot.nhs.uk</a>	A website that encourages individuals to think about emotional problems and work towards solving them.
<b>Moodscope</b>	<a href="http://www.moodscope.com">www.moodscope.com</a>	<b>Moodscope</b> allows people to track their mood online.
<b>Shape of Mind</b>	<a href="http://www.shapeofmind.scot.nhs.uk">www.shapeofmind.scot.nhs.uk</a>	A self-help website offering information regarding a range of mental health issues.
<b>Stress Watch Scotland</b>	<a href="http://www.patient.co.uk/leaflets/stresswatch_scotland.htm">www.patient.co.uk/leaflets/stresswatch_scotland.htm</a>	Various information related to stress and useful exercises to reduce stress.

## APPS

### Money Worries Crisis App

Crisis Help App (NHS  
Tayside)

Free mobile App signposting to appropriate sources of help and a support in a crisis, including money, benefits, housing, work and emotional crisis.

Search for 'Money Worries? Find the right help in a crisis' on Apple and Google app stores

### Suicide? Help!

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

Help for someone with suicidal thoughts is always available through the app – search for Suicide? Help! in your app store.

If you know of anyone who might need help and support, please give them a copy of this directory or direct them to the link:

[http://www.pkc.gov.uk/media/22524/Mental-Health-Directory-of-Services/pdf/Mental\\_Health\\_Directory\\_of\\_Services\\_2017](http://www.pkc.gov.uk/media/22524/Mental-Health-Directory-of-Services/pdf/Mental_Health_Directory_of_Services_2017)

**For amendments and updates to enclosed information, please contact:**

Mental Health Policy Officer

Perth & Kinross Council

Tel: 01738 476 779

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

