

Information & Advice



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Emotional Support

Mindspace Counselling Services

18-20 York Place, Perth, PH2 8EH

Tel: 01738 631 639

Text: 07807 463 260

Email: info@mindspacepk.com

Visit: www.mindspacepk.com

Opening hours:

9.00-3.30 pm Monday - Friday.

Mindspace is a local service who offers counselling to people who are facing difficulties or challenges including bereavement.

They offer services to adults, young people and those living in rural locations.

Cruse Bereavement Care

59 King Street, Perth , PH2 8JB

Tel: 0845 600 2227

Email: east@crusescotland.org.uk

Opening Hours:

Mon -Wed 10am-4pm

Mon-Wed 6pm-9pm

Thurs 9am-9pm

Fri 10am-4pm

Cruse Bereavement Care are a national charity with a local branch they help anyone experiencing bereavement to understand their grief and cope with their loss

They offer services to adults, young people and children.

Breathing Space

National Service

Tel: 0800 83 85 87

Weekdays: Monday-Thursday 6pm to 2am

Weekend: Friday 6pm-Monday 6am

Breathing Space support people who may experience difficulty and unhappiness, mental health problems and emotional distress.

The WEB Project

80 Princes Street, Perth, PH2 8LH

Tel: 01738 451 594

Mobile: 07714 291 800

Email: Kirstie.howell@cairscotland.org.uk

Visit: www.cairscotland.org.uk

The WEB Project provides support for young people aged 10-24 around mental health issues, self harm, suicidal thoughts, and drug and alcohol issues.

Samaritans

3 King's Place
Perth

Tel: 116 123

The Samaritans are a non religious, confidential emotional support service and will listen to anyone about anything that is worrying them.

NHS Living Life 24 - Guided Self Help

Tel: 0800 328 9655

*Opening Hours: Mon-Fri 1pm to 9pm
or GP referral*

Living Life Guided Self Help

Cognitive Behavioural Therapy (CBT) telephone service available to anyone over the age of 16 who is suffering from low mood, mild to moderate depression &/or anxiety.

SSH: Talking the Difficult

Tel: Kirstie: 07834193257

or Tracy: 07715460590

Email:

kirstie.howell@gmail.com

tracy.selfharm@hotmail.com

The group is held every Tuesday evening from 6.30pm until 8.30pm.

Suicide, Self Harm: Talking the Difficult

The group is designed to help family & friends of people who self harm or have died as a result of self harm / suicide. The group is informal. you can simply come along & listen or join in sharing the difficulties that we all share when coping with self harmers or the death of a loved one by suicide

Practical Advice & Information

Perth & Kinross Council

Access Team

Pullar House, 35 Kinnoull Street
Perth, PH1 5GD

Tel: 0345 30 111 20

Email: AccessTeam@pkc.gov.uk

Web: 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.

Perth & Kinross Council

Welfare Rights Team

Pullar House, 35 Kinnoull Street
Perth, PH1 5GD

Tel: 01738 476900

Email:

welfarerights@pkc.gov.uk

Visit: www.pkc.gov.uk

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

Citizens Advice Bureau

7 Atholl Crescent
Perth

Tel: 01738 450 580

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

Support for Children

Winston's Wish

National Service

Tel: 08088 020 021

Winston's Wish offer practical support, information and guidance to all those caring for a child or young person who has been bereaved.

Rowan Counselling

4 Kinnoull Street
Perth

Tel: 01738 562 005

rowan@rowan-consultancy.co.uk
www.rowan-consultancy.co.uk

Rowan offers independent & confidential counselling for Individuals, Couples, Young People & Families, In their Perth city centre premises. We work with you to support you & help you find a way forward.

Cruse Bereavement Care

59 King Street
Perth

Tel: 0845 600 2227

tayside@crusescotland.org.uk
www.crusescotland.org.uk

Cruse volunteers will work with children on a one to one basis, up to the age of 18 years old.

For very young children (under 5 years), Cruse will work with the parents to support the child/ren.

Harbour Counselling Service

Shore Road
Perth

Tel: 01738 449 102

www.harbourperth.org.uk

The Harbour Counselling Service offers an independent & confidential counselling service for children aged 12 years & older.

ChildLine

Tel: 0800 1111

www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor about anything.

Support for Minority and Ethnic Communities

PKAVS Minority Communities Hub

The Gateway
North Methven Street
Perth, PH1 5PP

Tel: 01738 567076

Web: www.pkavs.org.uk

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

Polish Psychologists Association National Service

<http://www.polishpsychologists.org>

Polish Psychologists Association

offer a telephone help line to polish speaking nationals who wish to speak with someone about personal problems, including bereavement.

MECOPP (Minority Ethnic Carers of People Project)

Tel: 07957 652 413

Contact: Lucy Arnot
Email: lucy@mecopp.org.uk

MECOPP provides support to Gypsy/Traveller carers & 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 & training.

Support for Serving & Former Armed Forces Personnel & Their Families

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.

Tayforth Veterans Project

21b City Quays
Camperdown Street
Dundee

Tel: 01382 206 207

The Tayforth Veterans Project provides support to ex-service personnel, their partners & families in accessing professional & specialised advice on a broad range of issues including mental health, housing, employment, education & training, welfare benefits & pension issues. All support is offered in Dundee.

Combat Stress

National Service

Tel: 0800 138 1619

Web: combatstress.org.uk

Combat Stress is 24 hour helpline for the military community and their families (current, reserve and ex-service personnel)

SSAFA

131 Dunkeld Road, Perth, PH1
5BT

Tel: 01738 625 346
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.