

# Perth & Kinross Wide

**Note due to the changing circumstances and guidance being received from the Westminster and Scottish Government on a daily basis these supports are evolving and changing.**

| <b>Carers Support</b>  |   |
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| <p><b>PKAVS</b><br/> <i>The carers hub are here to offer you a listening ear, provide information, advice and practical support<br/> This support is available irrespective of whether you are registered at PKAVS or not</i></p>  | <p>9am-5pm Monday to Friday on 01738 567076<br/> Evenings and Weekends on 07759058207 By Email<br/> <a href="mailto:carershubadmin@pkavs.org.uk">carershubadmin@pkavs.org.uk</a></p>  |
| <p><b>Support in Mind</b><br/> <i>Now working remotely and keeping in touch with our carers by email, phone, text and video chat.<br/> Support in Mind Scotland have posted a page on our website.</i></p>   | <p><a href="https://www.supportinmindscotland.org.uk/Listing/Category/coronavirus-support-guidance">https://www.supportinmindscotland.org.uk/Listing/Category/coronavirus-support-guidance</a></p>  |
| <p><b>Time4Me TOP-UP75 – Fund for Unpaid Carers</b><br/> <i>In response to COVID-19 pandemic, PKAVS Carers Hub is offering a small time-limited grant to support unpaid carers to access short break in a ‘creative’ way in these unprecedented times. <b>Time4Me TOP-UP75</b> is now open for applications and carers can apply as of today.</i></p>  | <p>Link for Application Form<br/> <a href="https://pkavscarershub.org.uk/Time4Me">https://pkavscarershub.org.uk/Time4Me</a> or Tel: 01738 567076<br/><br/> Complete the application form and email to <a href="mailto:carersshortbreaks@pkavs.org.uk">carersshortbreaks@pkavs.org.uk</a> Alternatively, you can post applications to Time4Me TOP-UP75, PKAVS Carers Centre, Lewis Place, North Muirton, Perth PH1 3BD</p> |
| <b>Ethnic Minorities</b>   |   |
| <p><b>PKAVS Minority Communities HUB</b><br/> <i>Free Helpline Monday – Friday 10am - 4pm</i></p>  | <p>07935756738</p>  |
| <p><b>Ethnic Minorities Law Centre</b><br/> <i>is continuing to operate during these difficult times to support the most vulnerable persons in our society. Our areas of work include Nationality, Immigration, Asylum, Employment, Discrimination and Criminal Injuries Compensation. Although we are no longer having face to face appointments, our staff are making more and more use of post, telephone, emails, Skype and video calls.</i></p> | <p>If anyone has an enquiry, please call us on: 0141 204 2888. Our telephone advice line for members of the public runs on: Monday to Friday, 09:30am to 10:30am. Our 2<sup>nd</sup> Tier advice line for workers of partners/organisations operates: Monday to Friday, 09:00am to 5:00pm<br/> You can also email us your enquiry to:<br/> <a href="mailto:admin@emlc.org.uk">admin@emlc.org.uk</a></p>                   |
| <p><b>Perth Welfare Society</b><br/> <i>can support people from the minority community. Due to the lockdown we have very limited resources but if you would like to have a friendly chat or would like us to give you advice about other services available during this difficult time, you can send a message via our Facebook page and we will get back to you ASAP.</i></p>   | <p>Currently we can offer language support in Urdu and Punjabi if required.<br/> <a href="https://m.facebook.com/Perthshire-Welfare-Society-108964277105759/">https://m.facebook.com/Perthshire-Welfare-Society-108964277105759/</a></p>  |
| <b>Family / Children &amp; Youth Support</b>   |   |
| <p><b>PAMIS</b><br/> <i>PAMIS have set up online activity and support sessions for families to access and be involved in</i></p>   | <p><a href="http://pamis.org.uk/">http://pamis.org.uk/</a></p>  |
| <p><b>Perth Autism Support</b><br/> <i>Email/telephone/video call support to autistic young people and their families aged 18 and under. We are also sharing a suite of resources for families on our social media and website.</i></p>  | <p><a href="mailto:info@perthautismsupport.org.uk">info@perthautismsupport.org.uk</a><br/> Telephone 01738 451081 (this is on divert to a mobile)<br/> <a href="http://www.perthautismsupport.org.uk">www.perthautismsupport.org.uk</a><br/> <a href="https://www.facebook.com/PerthAutismSupport">www.facebook.com/PerthAutismSupport</a><br/> Instagram @perthautism<br/> Twitter @Perth_Autism</p>                     |

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| <p><b>Services for Young People – Scott Street</b><br/>Youth Support</p>  | <p>Facebook<br/><a href="https://www.facebook.com/ServicesForYoungPeople/">https://www.facebook.com/ServicesForYoungPeople/</a></p>  |
| <p><b>YMCA Perth</b><br/>Offering virtual support timetable. Message the Facebook page to join any of the virtual groups</p>  | <p>Facebook <a href="https://www.facebook.com/perthymca/">https://www.facebook.com/perthymca/</a></p>  |
| <p><b>Mindspace’s Young People’s Team</b><br/>Posting lots of interactive posts and inviting people to engage and share to get the word out that we are still here and still supporting young people.</p> <p>We have created a messaging listening service for young people. They may message us directly, privately and confidentially through our Facebook page and we will be a listening ear for them, work through their worries with them, answer any questions that we can and hopefully provide them with some coping strategies to support their emotional health and wellbeing.</p>   | <p>Facebook page Mindspace-Myspace<br/><a href="https://www.facebook.com/MindspaceMySpace">https://www.facebook.com/MindspaceMySpace</a></p>   |
| <p><b>Young Scot website and local pages</b><br/>We are continually updating our website and social media channels with the latest information on COVID-19. The information continues to be shared and via Snapchat, Instagram, Facebook, TikTok and YouTube.</p> <p><b>Young Scot NEC, discounts &amp; Young Scot Rewards</b><br/>Young people can still use their Young Scot NECs at retail outlets which remain open. To access online discounts, young people need to register for Young Scot membership.</p> <p><b>Young Scot Schools #YSSchools</b><br/>We are encouraging schools, parents and guardians and community learning hubs to use our digital information and resources to support learner activities</p> <p><b>Young Carers Package #YSCarers</b><br/>Supporting young carers by providing online opportunities for self-care and help to stay connected with others. These include Mindfulness apps, mobile data and entertainment subscriptions. We’ve also created Covid-19 information specifically for young carers.</p> | <p><a href="https://young.scot/campaigns/national/coronavirus">https://young.scot/campaigns/national/coronavirus</a></p> <p>Please encourage young people to <a href="#">sign up for Young Scot membership</a> to access all of these additional entitlements at <a href="http://young.scot">young.scot</a>.</p> <p><a href="#">Our Get Involved website</a></p> <p>Encourage young people to sign up at <a href="https://young.scot/">https://young.scot/</a></p> |
| <p><b>Free School Meals</b><br/>People that are entitled to free school meals either because of their income or because they have a child in P1-P3 should email ECS who will arrange for payments to be made to their bank account (they get sent a survey once they send an email)</p>   | <p><a href="mailto:ecsschools@pkc.gov.uk">ecsschools@pkc.gov.uk</a></p>  |
| <p><b>Home-Start Perth - Family Support Charity.</b><br/>Offering emotional and practical support for families with children under the age of 5. Parents can be experiencing any of the difficulties faced when bringing up a family, such as, poor mental health, poverty, isolation, illness, multiple births. Trained volunteers would normally visit in the family home and provide emotional and practical support. As we can’t do that at the moment within the government guidelines, we are offering telephone and digital support</p>  | <p>To access support, call 01738 638847 or email <a href="mailto:info@homestartperth.org.uk">info@homestartperth.org.uk</a></p>  |

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| <p><b>The University of the Highlands and Islands Student Support Team</b><br/> <i>The team have put together a great webpage supports available to all students and staff.</i></p>   | <p>Link for Support Webpage<br/> <a href="https://bit.ly/2KmRYPj">https://bit.ly/2KmRYPj</a></p>  |
| <p><b>Financial Support / Digital Support</b></p>   |   |
| <p><b>Welfare Rights Support</b><br/> <i>“Worried that COVID-19 may affect your household income? Contact our Welfare Rights Team or have a look at our dedicated Benefits and COVID19 page:<br/> <a href="https://www.pkc.gov.uk/bensandcovid19">https://www.pkc.gov.uk/bensandcovid19</a></i></p>   | <p><a href="https://www.pkc.gov.uk/bensandcovid19">https://www.pkc.gov.uk/bensandcovid19</a><br/><br/> Email: <a href="mailto:WelfareRights@pkc.gov.uk">WelfareRights@pkc.gov.uk</a></p>  |
| <p><b>Citizen Advice</b><br/> <i>Perth CAB is closed for all face-to-face services, but we are providing advice by telephone and email:<br/> There is lots of advice and information on our website at <a href="http://www.perthcab.org.uk">www.perthcab.org.uk</a></i></p>   | <p>Our preference is email if possible.<br/> Email: <a href="mailto:per-advice@perthcab.org.uk">per-advice@perthcab.org.uk</a><br/> Telephone: 01738 450580<br/> For advice on Universal Credit the Help to Claim Helpline is 0800 023 2581 but the helpline is very busy.<br/> Or webchat for Universal Credit advice:<br/> <a href="http://www.cas.org.uk/helptoclaim">www.cas.org.uk/helptoclaim</a></p> |
| <p><b>Scottish Welfare Fund – Crisis Grants</b><br/> <i>At this time, there may be people who have reduced income or no income due to the current crisis.</i></p>   | <p>Applications can be made online:<br/> <a href="http://www.pkc.gov.uk/scottishwelfarefund">www.pkc.gov.uk/scottishwelfarefund</a><br/> Applications can be made via telephone: 01738 476900</p>   |
| <p><b>Council Tax Information and Support</b></p>   | <p>01738 477430</p>   |
| <p><b>Lead Scotland Covid-19 Remote Befriending Project</b><br/> <i>Lead Scotland have just obtained funding to deliver a remote befriending service in Perth &amp; Kinross, which aims to reduce social isolation for disabled adults &amp; carers (age 16+) during the current Covid-19 crisis. Remote support could include phone calls or video calls (or emails if anyone is non-verbal), and we would anticipate that this would involve one or two calls per week.</i><br/><br/> <i>In addition to this new befriending project, my usual digital skills project will be continuing as normal and is still open for referrals for anyone who is struggling with digital devices.</i></p> | <p><b>Amulree Welch</b><br/> Perth Digital Skills Learning Coordinator<br/> Lead Scotland<br/> 07775 851 507</p>  |
| <p><b>Health – Long Term Conditions</b></p>   |   |
| <p><b>NHS Inform</b></p>  | <p><a href="https://www.nhsinform.scot/">https://www.nhsinform.scot/</a></p>  |
| <p><b>Alzheimer Scotland</b><br/> 24hr Dementia Helpline –<br/> Access to 24 hour confidential information and support by either phone or email for people with dementia, their partners, carers and families:<br/> <ul style="list-style-type: none"> <li>* How to get help</li> <li>* Understanding the illness</li> <li>* Maintaining Independence</li> <li>* Financial &amp; Legal matters</li> <li>* Coping with behaviour</li> <li>* Community activities</li> <li>* Long-Stay care</li> <li>* Rights and entitlements</li> </ul></p>   | <p>Freephone 0808 808 3000<br/> Email <a href="mailto:helpline@alzscot.org">helpline@alzscot.org</a><br/><br/> Local Contact: Fiona Matthews – Dementia Advisor, Tayside<br/> <a href="mailto:fmatthews@alzscot.org">fmatthews@alzscot.org</a> or 01738 562358</p>  |

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| <p><b>HIV Scotland</b><br/> <i>Coronavirus Helpline between Mon – Fri 10am - 6pm</i></p>   | <p>Phone Line 0131 558 3713</p>   |
| <p><b>Deaf Links Scotland</b><br/> <i>all clients in Tayside (deaf, deaf/blind, and partially sighted) - their advocacy service will still be running during this time.</i></p>  | <p><a href="mailto:vix@deaflinks.org.uk">vix@deaflinks.org.uk</a></p>   |
| <p><b>Marie Curie Information and Support</b><br/> <i>If you, or someone you know, is affected by a terminal illness and concerned about coronavirus (COVID-19), our Support Line team are ready to help with the information you need when you need it.</i></p>   | <p>Call free 0800 090 2309 (Monday to Friday 8am to 6pm, Saturday 11am to 5pm. Your calls may be recorded for training and monitoring purposes.) You can also find more information on our website:<br/> <a href="http://www.mariecurie.org.uk/coronavirus">www.mariecurie.org.uk/coronavirus</a></p>   |
| <p><b>Hearing Forces Services – Action on Hearing Loss</b><br/> <i>In line with Government guidance, all Hearing Forces drop-in sessions and home visits in Perth &amp; Kinross have been suspended for the time being. Contact Angela for more information.</i></p>   | <p>Manager Angela Paton on 07464 828452 or <a href="mailto:angela.paton@hearingloss.org.uk">angela.paton@hearingloss.org.uk</a> for further information and support.</p>  |
| <p><b>Headway</b><br/> <i>Can be contacted for over the phone support &amp; advice</i></p>   | <p>01350727144 / 07881531565 / <a href="mailto:evelyn.menzies@sky.com">evelyn.menzies@sky.com</a></p>   |
| <p><b>Perth &amp; Kinross ADHD Support Group</b><br/> <i>Telephone Support</i><br/> <i>For the purposes of wider distribution of our contact information, please use 07545 304904 as a first point of contact which is my mobile phone.</i><br/> <i>Online Support</i><br/> <i>Email or via messenger on the Facebook page. Family Information Sessions are available online if needed.</i></p>  | <p>Lorna Redford, Group Services Co-ordinator 07545 304904<br/> Email <a href="mailto:adhdperth@aol.co.uk">adhdperth@aol.co.uk</a><br/> Facebook<br/> <a href="https://www.facebook.com/PerthKinrossAdhdSupport">https://www.facebook.com/PerthKinrossAdhdSupport</a></p>   |
| <p><b>Pain Association</b><br/> <i>Holding sessions via Zoom and providing additional telephone support for those who are not comfortable using the internet.</i></p>  | <p><a href="http://www.chronicpaininfo.org">www.chronicpaininfo.org</a><br/> Tel: 01738 629503</p>  |
| <p><b>Chest Heart and Stroke Scotland</b><br/> <i>We are running a campaign to help vulnerable people who are self-isolating. We want to reduce isolation and loneliness and we need your help please.</i></p>   | <p>Call 0808 801 0899 or fill in an online form<br/> <a href="https://www.chss.org.uk/coronavirus/i-need-help/">https://www.chss.org.uk/coronavirus/i-need-help/</a></p>  |
| <p><b>Information on boost boxes:</b><br/> <i>The boost boxes are provided by volunteers in the community for older people at risk of malnutrition, who would benefit from 2 high energy snacks daily to prevent further weight loss. At a time when older people are isolating and struggling with shopping these boxes could make a huge difference to their nutritional status.</i><br/> The Boost Boxes and videos are from Eat Well Age Well, so please acknowledge them if using this resource.<br/> <a href="https://eatwellagewell.org.uk/boostbox">https://eatwellagewell.org.uk/boostbox</a></p> <p>Information videos tools below:<br/> <a href="https://youtu.be/CBRau77hTZg">https://youtu.be/CBRau77hTZg</a> - boost boxes<br/> <a href="https://youtu.be/Os2dGSBYmk0">https://youtu.be/Os2dGSBYmk0</a> - this one explains the checklist<br/> <a href="https://youtu.be/Rv-ONpyJ4Ww">https://youtu.be/Rv-ONpyJ4Ww</a> -very quick how to fortify milk</p> | <p><b>Resource for the super 6 balance exercises.</b><br/> <a href="http://www.widgetlibrary.knowledge.scot.nhs.uk/media/WidgetFiles/1013771/balance%20challengepdf.pdf">http://www.widgetlibrary.knowledge.scot.nhs.uk/media/WidgetFiles/1013771/balance%20challengepdf.pdf</a></p> <p><b>100 Calorie Boosters</b></p> <p><br/> 100 cal boosters.pdf</p> <p><b>Eat Well Age Well Advice Sheet</b></p> <p><br/> Eatwell Agewell advice sheet.pdf</p> <p><b>Exercise Falls Awareness</b></p> |

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| <p><a href="https://youtu.be/Ccwbm1WC1I">https://youtu.be/Ccwbm1WC1I</a> - intro to malnutrition<br/> <a href="https://youtu.be/7TIYFAjDg4U">https://youtu.be/7TIYFAjDg4U</a> - Food first guidance<br/> <a href="https://youtu.be/aqzXHOAF3Dk">https://youtu.be/aqzXHOAF3Dk</a> - signs and symptoms of those at risk of malnutrition<br/> <a href="http://www.eatwellagewell.org.uk/mtools">www.eatwellagewell.org.uk/mtools</a></p> | <p><br/> Exercise Falls Awareness.pdf</p> <p><b>Nourishing Drinks</b></p> <p><br/> Nourishing Drinks.pdf</p>   |
| <p><b>Nutrition and Dietetic Service</b><br/> <i>New NHS Tayside Undernutrition Advice Line. This telephone line will provide practical tips and advice about how to stay well-nourished when you or someone you know has a poor appetite and/or is experiencing unintended weight loss.</i></p> <p><b>Community Cookit</b><br/> Facebook - CommunityCookit<br/> Instagram - @community_cookit</p>                                     | <p><b>Undernutrition Advice Line - 01738 450556</b></p> <p>The lines opening hours are:<br/> Monday – 0930 – 1230<br/> Wednesday – 1200 – 1500<br/> Friday – 0930 – 1230</p>  |
| <p><b>Mental Health &amp; General Wellbeing</b></p>  |   |
| <p><b>Mental Health Guidance</b></p>   | <p><a href="https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a></p>  |
| <p><b>Mindspace</b><br/> <i>Counselling and Peer Support services will continue, and Recovery Colleges will still be available online for anyone who requires assistance. Please note that we cannot pick up messages left on the answerphone remotely. Check the website and Facebook for updates.</i></p>  | <p>Information to be confirmed on website<br/> Counselling<br/> <a href="mailto:info@mindspacepk.com">info@mindspacepk.com</a><br/> Recovery College<br/> <a href="mailto:admin@mindspacepk.com">admin@mindspacepk.com</a><br/> Peer Support<br/> <a href="mailto:peersupport@mindspacepk.com">peersupport@mindspacepk.com</a></p>  |
| <p><b>PKAVS Mental Health and Wellbeing Hub – The Walled Garden, Perth and Wisecraft, Blairgowrie</b><br/> <i>Activity based / social support via online platform Zoom. Connecting clients together via video links and undertaking activities together. This is focused around our activity areas – Creative Wellbeing, Woodwork, Gardening and Healthy Lifestyles.<br/> 9-4 Monday -Thursdays.</i></p>                               | <p>The Walled Garden – Muirhall Road, Perth, PH2 7BH<br/> 07715522286<br/> Wisecraft, 10 Lower Mill Street, Blairgowrie, PH10 6NG<br/> Phone Number: 07563382816<br/> Contacts for client referrals:<br/> <a href="mailto:Janice.Paterson@pkavs.org.uk">Janice.Paterson@pkavs.org.uk</a> (25yrs+)<br/> <a href="mailto:Heather.Mckenzie@pkavs.org.uk">Heather.Mckenzie@pkavs.org.uk</a> (16-25yrs – ‘Lost In Transition’)</p> |
| <p><b>Perth Six Circle: the Perth Six Circle Project</b><br/> <i>is supporting all existing clients</i></p>  | <p>Main Telephone 01738 445384 or emergency telephone 07989808312 Email: <a href="mailto:info@perthsixcircleproject.co.uk">info@perthsixcircleproject.co.uk</a></p>   |
| <p><b>The Lighthouse Perth (and Perth and Kinross Wide)</b><br/> <i>At present we are offering online support 24/7 (email, Facebook, private messenger) and a telephone support service on a Wednesday from 10am – 4pm for those who need to hear a voice.<br/> We provide support for those suffering from suicidal thoughts, self-harm and any other form of emotional distress relating to mental health</i></p>                    | <p>Phone Line Support T: 0800 121 4820<br/> on Wednesdays 10am-4pm (out of hours evening telephone service to follow)<br/> Facebook Page<br/> <a href="https://www.facebook.com/groups/845305628909825/">https://www.facebook.com/groups/845305628909825/</a><br/> Email: <a href="mailto:office@lighthouseforperth.org">office@lighthouseforperth.org</a></p>  |
| <p><b>Andy’s Man Club Perth</b></p>  | <p>Facebook Page<br/> <a href="https://www.facebook.com/andysmanclubperth/">https://www.facebook.com/andysmanclubperth/</a></p>   |
| <p><b>Women’s Wellbeing Club Perth</b></p>   | <p>Facebook Page<br/> <a href="https://www.facebook.com/womenswellbeingclubperth/">https://www.facebook.com/womenswellbeingclubperth/</a></p>   |

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| <p><b>The Wellbeing Support Team</b><br/> <i>offer free short-term support and intervention for up to 6 months to adults aged 16 plus, who have mental health needs such as depression and anxiety, or other mental health issues which significantly interfere with the individual's cognitive, social or emotional abilities.</i></p>   | <p>Project Worker at the relevant team base:<br/> Aberfeldy Tel 01887 822462<br/> Blairgowrie Tel 01250 871519<br/> Crieff Tel 01764 657861<br/> Kinross Tel 01577 867318</p>   |
| <p><b>Support in Mind</b><br/> <i>Offering support through phone and online<br/> Our National Information Line (0300 323 1545) is still operating as normal – although there may be a longer response time depending on how much busier we are during a time of heightened anxiety and distress. The Information Line will be open between 9am and 3.30pm, Monday to Friday</i></p>   | <p>information inbox <a href="mailto:info@supportinmindscotland.org.uk">info@supportinmindscotland.org.uk</a></p>   |
| <p><b>CATH Day Centre</b><br/> <i>Ladeside, Perth, PH1 5RY<br/> Day Centre – Monday – Friday from 09.30 – 11.00 for one to one support. This is on a one to one basis and a maximum of 2 people will be given entry at any one time.<br/> 12.00 – 14.00 a take away meal is being provided.</i></p>   | <p>Tel: 01738 633077<br/> Pam Lindsay 07976 448 881<br/> <a href="mailto:p.lindsay@cath-org.co.uk">p.lindsay@cath-org.co.uk</a></p>   |
| <p><b>Rape And Sexual Abuse Centre P&amp;K:</b><br/> <i>All survivors in service are offered support by telephone, email or video link in lieu of face to face appointments.</i></p>  | <p>The helpline has a 24 hour answering machine service in place which is checked regularly by a support worker. RASAC are accepting referrals and supporting survivors in crisis via these methods.<br/> Main office: 01738 626290,<br/> helpline 01738 630965.<br/> Email on <a href="mailto:support@rasacpk.org.uk">support@rasacpk.org.uk</a></p> |
| <p><b>THAT's Remotely Interesting No. 01</b><br/> THAT's Remotely Interesting, the first Newsletter of Tayside Healthcare Arts Trust's 'Creative at a Distance' Programmes being run online during these unusual times. Our first programmes are; 'Shared Photographs' being led by David P Scott and 'Writing From Home' led by Zoe Venditozzi. Each Newsletter will feature examples of the participant's responses to the different challenges the programme Leads are setting, along with some general feedback and guidance. A larger collection of the work produced for each challenge will also be available to view on THAT's Facebook page.</p> | <p>For more details or to sign up email <a href="mailto:that.tayside@nhs.net">that.tayside@nhs.net</a></p>  |
| <p><b>Victim Support Scotland - Perth &amp; Kinross</b><br/> <b>Current Operating Arrangements:</b><br/> Local office - Monday to Friday (9:00am - 5:00pm)<br/> Staff and volunteers are providing telephone and email support during this time. Outside these hours please feel free to leave a voicemail or drop an email.<br/> Website: <a href="https://victimsupport.scot/">https://victimsupport.scot/</a></p>  | <p>Tel: 01738 567171<br/> Email:<br/> <a href="mailto:victimsupport.perth&amp;kinross@victimssupportsco.org.uk">victimsupport.perth&amp;kinross@victimssupportsco.org.uk</a><br/> National Helpline -<br/> Monday to Friday (8:00am - 8:00pm)<br/> 0800 160 1985</p>  |
| <p><b>Live Active</b><br/> Live Active have put together a leaflet which includes low impact exercises to incorporate some gentle movement into your daily routine, as well as some tips to help you maintain a healthy lifestyle; reducing the risk of long-term health conditions. Link for the leaflet is on <a href="https://www.pkc.gov.uk/coronavirus/communitysupport">https://www.pkc.gov.uk/coronavirus/communitysupport</a></p>   | <p>For more information email: <a href="mailto:wellbeing@liveactive.co.uk">wellbeing@liveactive.co.uk</a></p>   |

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| <p><b>NHS – COVID19 and Your Mental Wellbeing</b><br/> NHS have put together a simple leaflet with handy tips to help you with your mental wellbeing<br/> Link for the leaflet is on<br/> <a href="https://www.pkc.gov.uk/coronavirus/communitysupport">https://www.pkc.gov.uk/coronavirus/communitysupport</a></p>  | <p>If you are experiencing a mental health crisis phone your GP or care team first. If you are unable to talk to them phone 111 or one of the free helplines:<br/> Samaritans (24 hrs) – 116 123<br/> Breathing Space – 0800 83 85 87<br/> Childline – 0800 1111</p>   |
| <p><b>Older People’s Support</b></p>   |  |
| <p><b>RVS</b><br/> <i>Telephone Befriending (no referrals needed)</i><br/> <i>Shop &amp; Drop Service and Prescription Runs for emergencies</i></p>  | <p>01738 633975</p>  |
| <p><b>Age Scotland Helpline</b><br/> <i>Call free for a friendly chat</i></p>  | <p>0800 12 44 222 (Mon-Fri 9am – 4pm)</p>  |
| <p><b>Re-engage (formerly Contact the Elderly)</b><br/> <i>Our call companion's idea is very simple: a volunteer call companion calls the same older person between two and four times a month at a mutually agreed time for an informal chat. Calls will last for around 30 minutes. Just like our social gatherings, the call companions programme is aimed at people who are</i></p> <ul style="list-style-type: none"> <li>· 75 or older</li> <li>· living alone or in sheltered housing with little or no contact with family or friends</li> <li>· struggle to leave their house in normal times</li> </ul>  | <p>Lorna Dunbar - Support officer<br/> Re-engage<br/> Telephone: 01738 730249<br/> <a href="mailto:lorna.dunbar@reengage.org.uk">lorna.dunbar@reengage.org.uk</a><br/> <i>If you know anyone who would benefit from call companions, please refer them using our simple online form. Don't forget to get the older person's consent first. You can find the form on our website at Refer an older person to CC. Once we receive the application, we will start the process of matching the older person with a volunteer and you will hear back from us shortly.</i></p> |
| <p><b>Sainsbury’s Supermarket</b><br/> <i>Existing customers who are over 70 can access vulnerable persons list for priority access to home delivery</i></p>   | <p>Tel: 0800 328 1700</p>  |
| <p><b>Substance Use / Recovery Support</b></p>   |  |
| <p><b>Perth &amp; Kinross Substance Use Recovery Services</b><br/> <i>Due to the current circumstances that we are all facing we have suspended our “Drop In” service for people with Substance Use concern, usually held at Drumhar Health Centre and other locality hubs.</i><br/> <i>We want to ensure people with substance use issues are supported. Will be operating a dedicated phone line for new clients wanting to access the services or for people to ask for advice or support at this time.</i><br/> <i>If you are not currently accessing support and would like to talk to someone or you wish to make a referral then please contact one of our dedicated support staff.</i></p> | <p>Please phone on -</p> <ul style="list-style-type: none"> <li>• <b>07920070797</b></li> <li>• <b>07920070845</b></li> </ul> <p>Between the hours of 9.00 till 5.00 Monday to Friday.<br/> If the number is busy, please just hang up and call back or text as someone will get to you as soon as possible.</p>   |
| <p><b>Scottish Families Effected by Alcohol &amp; Drugs</b><br/> <i>Support available through telephone or webchat</i></p>   | <p>Phone line 08080 10 10 11<br/> <a href="http://www.sfad.org.uk">www.sfad.org.uk</a></p>   |
| <p><b>TCA Tayside Council on Alcohol</b><br/> <i>The majority of support is now available over the phone. Below is the detail of times when you will be able to speak to one of our workers.</i></p> <ul style="list-style-type: none"> <li>• Tuesday, 10am – 1pm</li> <li>• Friday, 10am – 2pm</li> </ul>   | <p>Contact can also be made with us via<br/> Email: <a href="mailto:enquiries@alcoholtayside.com">enquiries@alcoholtayside.com</a> and<br/> Facebook: <a href="https://www.facebook.com/alcoholtayside">https://www.facebook.com/alcoholtayside</a><br/> <br/> Email: <a href="mailto:enquiries@alcoholtayside.com">enquiries@alcoholtayside.com</a> and<br/> Facebook: <a href="https://www.facebook.com/alcoholtayside">https://www.facebook.com/alcoholtayside</a><br/> Perth TCA: 01738 580336</p>   |
| <p><b>P&amp;K Community Recovery Service Hillcrest Futures:</b><br/> <i>Phone Support from all workers and Provision of food bank vouchers. Monday to Friday 9:00am-17:30pm</i></p>  | <p>Richard Lister:<br/> <a href="mailto:Rlister@hillcrestfutures.org.uk">Rlister@hillcrestfutures.org.uk</a><br/> Tel: 07885 971 298</p>   |

| Social Media Support                          | Contact   |
|---|---|
| Perth & Kinross Council Facebook Page         | <a href="https://www.facebook.com/Perthandkinross/">https://www.facebook.com/Perthandkinross/</a>   |
| Community Engagement Team – HSCP              | <a href="https://www.facebook.com/CommunityEngagementPK/">https://www.facebook.com/CommunityEngagementPK/</a>   |
| Your Community PK                             | <a href="https://www.facebook.com/YourCommunityPK/">https://www.facebook.com/YourCommunityPK/</a><br>Website – <a href="http://www.yourcommunitypk.org">www.yourcommunitypk.org</a> |
| Perth & Kinross Council Tenants Facebook Page | <a href="https://www.facebook.com/PKCTenants/">https://www.facebook.com/PKCTenants/</a>   |
| Coronavirus Support Perthshire                | @Coronavirus Support in Perthshire  |
| Perthshire Coronavirus Helping Hand           | @Perthshire Coronavirus Helping Hand  |
| Covid Mutual Aid Website                      | <a href="https://covidmutualaid.org/">https://covidmutualaid.org/</a>   |

## Mobile Apps

### Suicide? Help!

*an information website as well as an Apple and Android app for people who are thinking about suicide or are worried about someone else.*

### WellMind

*free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.*

### Calm Harm

*the app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way.*

### Calm

*experiencing better sleep, lower stress, and less anxiety with Calm.*

### MindShift

*designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.*

### Breathe

*free and simple online breathing web app. Use it whenever you need to, we hope it helps/assists you in controlling breathing.*

### Spoon Guru

*No matter how complex your dietary requirements, Spoon Guru quickly and easily finds everyday food that matches your unique profile. With a barcode scanner, recipes and product search, this is the world's leading safe, accurate and easy to use food search & discovery app.*

### MoodSpace

*MoodSpace takes its techniques from decades of research on what helps in dealing with anxiety and dealing with depression, and brings those techniques to your fingertips. The app aims to create a self-help space where you will have the opportunity to experiment with techniques backed by research to see what works for you.*

### Brain in Hand

*gives people easy access to personalized digital self-management tools and human support via their smartphone.*

### What's up?

*free app utilising some of the best Cognitive Behavioural Therapy and Acceptance Commitment Therapy methods to help you cope with Depression, Anxiety, Anger, Stress and more.*

### Lumosity

*an online programme consisting of games claiming to improve memory, attention, flexibility, speed of processing, and problem solving – useful for distraction.*