



# PERTH & KINROSS MENTAL HEALTH DIRECTORY OF SERVICES

## Covid19 update

This is a directory of services in Perth and Kinross which can help you look after your and others mental health and emotional wellbeing during the Coronavirus pandemic. It also includes national services, telephone helplines and useful websites. There are lots of places you can go for help and support if you have a concern or are feeling down. During this time of uncertainty, it is understandable to be feeling anxious or worried and it can be helpful to talk to someone about your own worries.

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

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

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. 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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EMOTIONAL SUPPORT		
<p><b>Abused Men in Scotland</b></p>	<p>Mon - Fri, 9am - 4pm 0808 800 0024</p> <p><a href="http://www.abusedmeninscotland.org">www.abusedmeninscotland.org</a> <a href="mailto:enquiries@alcoholtayside.com">enquiries@alcoholtayside.com</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>01738 580336</p> <p><a href="https://facebook.com/alcoholtayside">facebook.com/alcoholtayside</a> <a href="mailto:info@andysmanclub.co.uk">info@andysmanclub.co.uk</a></p>	<p>The majority of support is available over the phone. The times when you will be able to speak to one of the workers are Tuesday, 10am-1pm, and Friday 10am-2pm. Contact can also be made via email or social media</p>
<p><b><u>Andy's Man Club</u></b></p>	<p><a href="http://www.andysmanclub.co.uk">www.andysmanclub.co.uk</a> <a href="https://facebook.com/andysmanclubperth">facebook.com/andysmanclubperth</a></p>	<p><b>Andy's Man Club</b>; a space for men to talk about their problems without judgement or feeling like a burden. During the Covid19 pandemic, support is available via the facebook page</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>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>Cruse Bereavement Care Scotland</b> Perth &amp; Kinross Team</p>	<p>0845 600 2227 Mon-Fri 9.30am-5pm Extended hours to 8pm on Tuesday, Wednesday and Thursday</p> <p>Email: <a href="mailto:east@crusescotland.org.uk">east@crusescotland.org.uk</a> <a href="mailto:support@crusescotland.org.uk">support@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>Direct Duty numbers to access support and make a referral: 07920070845 07920070797</p> <p>Tel: 01738 564261</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>

<b>Harbour Counselling</b>	Tel: 01738 449 102 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>	<b>Harbour Counselling</b> are supporting existing clients to plan for ongoing support as necessary. Visit their website for updates
<b>Mindspace Counselling Services, Peer Support and Recovery College</b>	Email: <a href="mailto:info@mindspacepk.com">info@mindspacepk.com</a> Visit: <a href="http://www.mindspacepk.com">www.mindspacepk.com</a>	<b>Mindspace</b> offer tele or e-counselling to existing clients and those on the waiting list, along with Peer Support and the Recovery College. Check their website for updates on phone availability, or contact them via email. Support is also available via their social media pages
<b>NHS Living Life 24 – Guided Self Help</b>	Tel: 0800 328 9655 Mon-Fri 1pm to 9pm	<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.
<b>Perthshire Women’s Aid and CEDAR</b>	National 24hr Helpline: 0800 027 1234 (24 hours) For support call: 01738 639043 Weekdays 10am-2pm Voicemail service available <a href="mailto:contactus@perthwomensaid.org.uk">contactus@perthwomensaid.org.uk</a> <a href="http://www.perthwomensaid.org.uk">www.perthwomensaid.org.uk</a>	<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
<b>Survivors of Bereavement by Suicide (SOBS)</b>	Tel: 0300 111 5065 Mon-Fri 9am - 9pm Email: <a href="mailto:email.support@uksobs.org">email.support@uksobs.org</a> Visit: <a href="http://www.uk-sobs.org.uk">www.uk-sobs.org.uk</a>	A self-help organisation who 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.

<b>Rape &amp; Sexual Abuse Centre Perth and Kinross (RASAC P&amp;K)</b>	<p>Tel: 01738 626290 (Mon-Fri 9am-4.30pm)</p> <p>01738 630 965 (24 hr answering machine)</p> <p>National Helpline: 08088 01 03 02 (6pm to midnight)</p> <p>Email: <a href="mailto:support@rasacpk.org.uk">support@rasacpk.org.uk</a></p>	<p><b>RASACPK</b> offers free and confidential support remotely 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>Use telephone or email for initial contact, or visit their facebook page for information</p>
<b>Rowan Counselling</b>	<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>They are providing services via phone and email</p>
<b>Trauma Counselling Line Scotland – Health in Mind</b>	<p>Tel: 08088 020406</p> <p>Email: <a href="mailto:counselling@health-in-mind.org.uk">counselling@health-in-mind.org.uk</a></p>	<p><b>Trauma Counselling Line Scotland</b> takes both self-referrals and third-party referrals. The 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.</p>
<b>Scottish Families Alcohol or Drug Support Service</b>	<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><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>
<b>Bereavement Support Service</b>	<p>Visit: <a href="http://www.sfad.org.uk">www.sfad.org.uk</a></p>	<p><b>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>

<b>Samaritans</b> National Service and Local Branch	Tel: 116 123	<b>Samaritans</b> are a non-religious, confidential emotional support service and will listen to anyone about anything that is worrying them.
<b>Support in Mind Scotland Tayside</b> Perth & Kinross Carers Support Project	Tel: 03003231545 Mon-Thurs 9am-5pm Fri 9am-4pm  <a href="http://www.supportinmindscotland.org.uk/pandkcarers">www.supportinmindscotland.org.uk/pandkcarers</a>  Email: <a href="mailto:pandkinfo@supportinmindscotland.org.uk">pandkinfo@supportinmindscotland.org.uk</a>	<b>Support in Mind Scotland Tayside</b> 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.
<b>SupportLine</b>	Tel: 01708 765200  Email: <a href="mailto:info@supportline.org.uk">info@supportline.org.uk</a>  Visit: <a href="http://www.supportline.org.uk">www.supportline.org.uk</a>	<b>SupportLine</b> 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.
<b>Tulloch Net</b>	Tel: 01738 562731 Mob: 07790 518 041  Facebook page <a href="https://www.facebook.com/lovetulloch">https://www.facebook.com/lovetulloch</a>	<b>Tulloch Net</b> is a community initiative based on the Christian values of unconditional love, respect and hope. Open to all. They are able to offer regular phone contact to those isolated and feeling lonely. Check their facebook page for updates.  <b>The Tulloch Net Listening Service</b> 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.
<b>Victim Support</b>	Helpline open: Monday – Friday From 8am - 8pm Tel: 0800 160 1985  Webchat available, Mon-Fri 8am-8pm <a href="http://www.victimsupport.scot">www.victimsupport.scot</a>	<b>Victim Support</b> 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

	Email: <a href="mailto:victimsupport.perth&amp;kinros@victimsupportsco.org.uk">victimsupport.perth&amp;kinros@victimsupportsco.org.uk</a>	who have been called as a witness in a court case.
<b>Scotland All Strong</b>	<a href="http://www.scotlandallstrong.com">www.scotlandallstrong.com</a> facebook.com/scotlandallstrong <a href="mailto:andy@fitdefence.co.uk">andy@fitdefence.co.uk</a> 07493027053 <a href="mailto:Jessyg78@gmail.com">Jessyg78@gmail.com</a> 07734577160	<b>Scotland All-Strong</b> is Perth's non-profit fitness & wellbeing enterprise for mental health. During lockdown, they are continuing to support existing and new clients with various aspects of wellbeing to support mental health. Available via phone, facebook or email for informal chats and listening, guidance around home fitness, activity and mindful relaxation techniques, and guidance to support self-management of common mental health conditions in these times. Email or message through Facebook.
<b>Lead Scotland</b>	07775851507 awelch@lead.org.uk	<b>Lead Scotland</b> are offering a Remote Befriending service aimed at reducing social isolation for disabled adults and carers (age 16+) during the current Covid-19 pandemic. A Digital Skills project is also available aimed at anyone who is struggling with digital devices. Open to referrals
<b>Pitlochry and Moulin Community Support Group</b>	<a href="mailto:info@pavilionusergroups.org">info@pavilionusergroups.org</a> 01796 475333	<b>Pitlochry and Moulin Community Support Group</b> is set up to provide support and help for those who need it in the area from Calvine to Pitlochry on to Ballinluig and Grantully. Those needing support can self-refer and will be put in touch with a volunteer local community member
<b>The Lighthouse</b>	Tel: 0800 121 4820 Website: <a href="http://www.lighthouseforperth.org">www.lighthouseforperth.org</a> facebook.com/lighthouseforperth Email: help@lighthouseforperth	<b>The Lighthouse</b> provide non-judgmental, confidential advice and emotional support for anyone age 12+ feeling suicidal, self-harming or any other kind of emotional distress

## MENTAL WELLBEING SERVICES

### Employment Support Team (Perth & Kinross Council)

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.

### Hillcrest Futures

Tel: 0300 123 2640  
Visit: [www.hillcrest.org.uk](http://www.hillcrest.org.uk)  
Email: [reception@hillcrestha.org.uk](mailto:reception@hillcrestha.org.uk)

**Hillcrest Futures** provide services in the areas of physical and learning disabilities, autism and older people. Further services include supporting positive mental health and wellbeing, homelessness and drug, alcohol and recovery services

### Wellbeing Support Team Perth & Kinross Council

**Aberfeldy Team**  
Tel: 01887 822462  
**Blairgowrie Team**  
Tel: 01250 871519  
**Crieff Team**  
Tel: 01764 657861  
**Kinross Team**  
Tel: 01577 867318

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

The **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 support to improve mental wellbeing, social inclusion and recovery.

### Richmond Fellowship

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.

### Perth & Kinross Employability Network (PKC)

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.

### Perth Six Circle Project

Email: [info@perthsixcircleproject@gmail.com](mailto:info@perthsixcircleproject@gmail.com)  
Tel: 01738 445 384 or 07989 08312  
[www.perthsixcircleproject.co.uk](http://www.perthsixcircleproject.co.uk)

**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 Project are continuing to offer their services for their existing clients



**PKAVS Mental Health & Wellbeing Hub**

Tel. 077155 22286

07563 382816

Email: [Janice.Paterson@pkavs.org.uk](mailto:Janice.Paterson@pkavs.org.uk)  
(25+ yrs)

[Heather.McKenzie@pkavs.org.uk](mailto:Heather.McKenzie@pkavs.org.uk)  
(16-25 yrs)

**PKAVS Mental Health & Wellbeing Hub** provides activity based social support via the online platform Zoom. Connects clients together via video links and undertaking activities together. This is focused around their activity areas – creative wellbeing, woodwork, gardening and healthy lifestyles.

9am – 4pm Mon-Thurs

**Mindspace Counselling Services, Peer Support and Recovery College**

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

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

**Mindspace** offer tele or e-counselling to existing clients and those on the waiting list, along with Peer Support and the Recovery College. Check their website for updates on phone availability, or contact them via email. Support is also available via their social media pages

## SUPPORT FOR CHILDREN AND YOUNG PEOPLE

<p><b>Barnardo's</b></p>	<p>Tel: 01314 467 000</p> <p>Visit: <a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a></p>	<p><b>Barnardo's</b> provides support to children and young people, and has online advice hubs on supporting children and young people's mental health and wellbeing at this time. Visit their webpage to find more information</p>
<p><b>CAMHS - Child &amp; Adolescent Mental Health Services</b></p>	<p>Tel: 01382 204004</p>	<p><b>CAMHS</b> 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.</p>
<p><b>Change is a Must</b> Multi Agency Team</p>	<p>Tel: 01738 472260</p>	<p><b>'Change is a Must'</b> 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>
<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><a href="mailto:office@harbourperth.org.uk">office@harbourperth.org.uk</a></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. They are supporting existing clients; visit their webpage for updates</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/hopelineuk">www.papyrus-uk.org/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 0409</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>For info check 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><b>Mindspace Counselling</b></p> <p><b>Mindspace Young People’s Team</b></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>The Young People’s Team provides sessions for young people 11-18 years old, offering the opportunity to explore the concept of emotional wellbeing as well as encouraging the practice and development of different coping skills and techniques.</p>

<b>Perth &amp; Kinross Childcare &amp; Family Information Service</b>	Tel: 0345 601 4477 E-mail: <a href="mailto:childcare@pkc.gov.uk">childcare@pkc.gov.uk</a> Visit: <a href="http://www.families.scot">www.families.scot</a>	<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
<b>Rowan Counselling</b>	Address: 4 Kinnoull Street, Perth. PH1 5EN Tel: 01738 562 005 Email: <a href="mailto:rowan@rowan-consultancy.co.uk">rowan@rowan-consultancy.co.uk</a> Visit: <a href="http://www.rowan-consultancy.co.uk">www.rowan-consultancy.co.uk</a>	<b>Rowan Counselling</b> provides a face to face counselling service for children 4 – 18 years old. They are providing services via phone or email
<b>Samaritans</b>	Tel: 116 123	<b>Samaritans</b> offer a free telephone service to high school aged children
<b>Strathmore Centre Youth Development (SCYD)</b>	Tel: 01250 872121 07761 060281 Email: <a href="mailto:admin@scyd.org.uk">admin@scyd.org.uk</a> <a href="http://www.scyd.org.uk">www.scyd.org.uk</a> <a href="https://www.facebook.com/wellmeadowhouse">www.facebook.com/wellmeadowhouse</a>	<b>SCYD</b> 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. All groups and activities are cancelled – staff are available via the contact details listed
<b>TCA Perth Young Person's Services</b> Tayside Council on Alcohol	For further information please check our website <a href="http://www.alcoholtayside.com">www.alcoholtayside.com</a>	<b>TCA Perth Young Person's Services</b> We can offer bespoke groups for young people affected by alcohol and substance misuses.

<b>The Perth &amp; Kinross Schools Bereavement Project</b>	Websites: <a href="http://www.schoolsbereavement.org.uk">www.schoolsbereavement.org.uk</a>  <a href="http://www.littlewebsite.org">www.littlewebsite.org</a>	<b>The Perth &amp; Kinross Schools Bereavement Project</b> is collaboration between NHS Tayside, Perth & Kinross Council and Cruse Bereavement Care Scotland.
<b>Young Scot Infoline</b>	Open: Mon - Fri, 10am - 6pm  InfoLine: 0808 801 0338  Visit: <a href="http://www.youngscot.org">www.youngscot.org</a>	Enquiry service for young people on any topic, from money to health
<b>Winston's Wish National Service</b>	Tel: Freephone helpline 08088 020 021  Visit: <a href="http://www.winstonswish.org.uk">www.winstonswish.org.uk</a>	<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.
<b>Young People's Health Service NHS</b>	Tel: 01738 564 274  Drop in: 01738 564 294  Email: <a href="mailto:dawn.blyth@nhs.net">dawn.blyth@nhs.net</a>	<b>Young People's Health Team</b> offers a health and information service for young peoples aged 12 - 25 years. 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.
<b>Homestart</b>	01738 638847  <a href="mailto:info@homestartperth.org.uk">info@homestartperth.org.uk</a>  <a href="http://www.homestartperth.org.uk">www.homestartperth.org.uk</a>	<b>Homestart</b> support families with children under the age of 5, offering emotional support and practical advice. Support is normally face to face in the family home but at the moment it is being delivered over the telephone or digitally. Families can self-refer via telephone, Facebook or website.
<b>Family Change</b>	Tel: 07500577634  Email: <a href="mailto:familychange@pkc.gov.uk">familychange@pkc.gov.uk</a>	<b>Family Change</b> is a therapeutic service for children and their families who have experienced trauma. During the current pandemic they are continuing their consultation service for parents,

	<p>care givers and staff who care for and support vulnerable children and young people within Perth and Kinross. New referrals are open for both their consultation and therapeutic service</p>
<p><b>The Lighthouse</b></p>	<p><b>Tel:</b> 0800 121 4820</p> <p><b>Website:</b> <a href="http://www.lighthouseforperth.org">www.lighthouseforperth.org</a> <a href="https://facebook.com/lighthouseforperth">facebook.com/lighthouseforperth</a></p> <p><b>Email:</b> <a href="mailto:help@lighthouseforperth">help@lighthouseforperth</a></p> <p><b>The Lighthouse</b> provide non-judgmental, confidential advice and emotional support for anyone age 12+ feeling suicidal, self-harming or any other kind of emotional distress</p>

## PRACTICAL ADVICE AND INFORMATION

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

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**

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**

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

**Giraffe Trading** offer personal support, work experience and vocational and employability training.

**Independent Advocacy**

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.

**PLUS Perth**

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.

**Welfare Rights Team**  
Perth & Kinross Council

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</b></p> <p><b>Crisis Response Home Treatment Team</b></p> <p><b>Community Mental Health Team</b></p> <p><b>Intensive Home Treatment Team</b></p>	<p>Tel: 111 or own GP</p> <p><b>Referrals by GP only</b></p>	<p><b>Adult Psychological Therapies Service</b> provides support to people with mild to moderate symptoms of psychological distress, such as anxiety or depression. GP referrals only.</p> <p><b>Crisis Response Home Treatment Team (Carseview)</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</b> provides longer term support for individuals with severe or enduring mental health problems</p> <p><b>Intensive Home Treatment Team</b> provide short term support to prevent admission to hospital where possible and to speed discharge from hospital where appropriate. Referrals are received following emergency assessment at Carseview, from CMHTs when increased support is required for patients and from the wards for early supported discharge</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>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>
<p><b>Older People's Community Mental Health Teams (OPCMHT)</b></p>	<p><b>North West Team:</b> Tel: 01796 474818</p> <p><b>Perth City Team:</b> Tel: 01738 414564</p> <p><b>South Team:</b> Tel: 01764 653173</p> <p><b>Strathmore Team:</b> Tel: 01250 877843</p>	<p><b>The Older People's Community Mental Health Team</b> is a community team that provides support to people aged over 65 years with mental health needs, and those aged under 65 years who have possible or identified cognitive concerns.</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.

### 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

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)

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

Tel: 01382424029  
Mobile: 07811471443

**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>PKAVS Minority Communities Hub</b></p>	<p>Web: <a href="http://www.pkavs.org.uk">www.pkavs.org.uk</a> Tel: 01738 567076</p>	<p><b>PKAVS Hub</b> provides a range of services to minority communities, assists migrant families and minority ethnic carers affected by disability, health and older age.</p>
<p><b>Jewish Women's Aid</b></p>	<p>Helpline Mon - Thurs From 9.30am-9.30pm Tel: 0808 801 0500  Northern Office Mon - Fri Tel: 0161 772 4071  Head Office, Mon - Fri Tel: 0208 445 8060  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>
<p><b>Muslim Community Helpline</b></p>	<p>Mon – Fri from 10am - 1pm Tel: 020 8908 6715  <a href="http://www.muslimcommunityhelpline.org.uk">www.muslimcommunityhelpline.org.uk</a></p>	<p><b>The Muslim Community Helpline</b> 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.</p>
<p><b>Amina Muslim Women's Helpline</b></p>	<p>Mon Tues Thurs, 10am-6pm Tel: 0141 212 8420 (Office) Tel: 0808 801 0301 (Helpline) <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>Ethnic Minorities Law Centre</b></p>	<p>P&amp;K contact: Gurjeet Singh  0141 204 2888  <a href="mailto:admin@emlc.org.uk">admin@emlc.org.uk</a></p>	<p>The <b>Ethnic Minorities Law Centre</b> provides legal support regarding nationality, immigration, asylum, employment, discrimination, and criminal injuries compensation. Staff can support via telephone, post, emails, skype and video calls.</p>
<p><b>Perth Welfare Society</b></p>	<p><a href="mailto:pwsociety@outlook.com">pwsociety@outlook.com</a> <a href="https://www.facebook.com/Perthshire-Welfare-Society-108964277105759/">facebook.com/Perthshire-Welfare-Society-108964277105759/</a></p>	<p><b>Perth Welfare Society</b> can support people from the minority community. During lockdown they can be contacted for a friendly chat</p>

**Last updated 01/05/2020**

or for advice about other services available during this difficult time. They can offer language support in Urdu and Punjabi if required. Contact through facebook or email

## LESBIAN, GAY, BISEXUAL AND TRANSGENDER + (LGBT+) COMMUNITIES

### Equality Network

Tel: 0131 467 6039  
Email:  
[en@equality-network.org](mailto:en@equality-network.org)  
Visit:  
[www.equality-network.org](http://www.equality-network.org)

**The Equality Network** works for lesbian, gay, bisexual, transgender and intersex (LGBTI) equality and human rights in Scotland.

### FFLAG

Confidential Helpline  
0845 652 0311\*  
\*All calls charged at 2p per minute plus network charges  
  
Visit: [www.fflag.org.uk](http://www.fflag.org.uk)

**FFLAG** is a national voluntary organisation and registered charity dedicated to supporting parents and their lesbian, gay, bisexual and trans daughters and sons.

### LGBT Health and Wellbeing

LGBT Helpline Scotland  
Tel: 0300 123 2523  
  
Open every Tuesday and Wednesday from 12 noon - 9pm  
  
LGBT Helpline Scotland Email:  
[helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)  
  
Visit: [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)

**LGBT Health and Wellbeing** is an organisation focussed on the health and wellbeing of LGBT people in Scotland, including mental health.

Support includes for family and friends of LGBT people.

### LGBT Youth Scotland

Main Number  
Tel: 0131 555 3940  
Text (Mon-Fri)  
07786 202 370  
  
Visit: [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

**LGBT Youth Scotland** provides support and youth groups for LGBTI young people across Scotland, with groups in Perth (GLOW) and Dundee (Spectrum and Allsorts).

### Men Only Tayside

Tel: 01382 4255542  
07880 172047  
  
Email:  
[Info.Dundee@THT.org.uk](mailto:Info.Dundee@THT.org.uk)  
  
Visit:  
[www.menonlytayside.com](http://www.menonlytayside.com)

**Men Only Tayside** provides services for men living with, or at risk of, HIV, Hepatitis C and sexually transmitted infections. They are seeing priority patients at this time – please call for information

<b>Mermaids</b>	Mermaids helpline: 0344 334 0550  Email: <a href="mailto:info@mermaidsuk.org.uk">info@mermaidsuk.org.uk</a>  Visit: <a href="http://www.mermaids.org.uk">www.mermaids.org.uk</a>	<b>Mermaids</b> work to raise awareness about gender nonconformity in children and young people amongst professionals and the general public. Their helpline, webchat, email and text support services are all still functioning as normal.
<b>Pink Saltire</b>	Tel: 01592 645340  Visit: <a href="http://www.pinksaltire.com">www.pinksaltire.com</a>	<b>Pink Saltire's</b> website includes information on the developing Covid19 situation
<b>Scottish Trans Alliance</b>	Tel: 0131 467 6039  Fax: 0131 476 9006  Email: <a href="mailto:sta@equality-network.org">sta@equality-network.org</a> or <a href="mailto:info@scottishtrans.org">info@scottishtrans.org</a>  Visit: <a href="http://www.scottishtrans.org">www.scottishtrans.org</a>	<b>Scottish Trans Alliance</b> assist transgender people, service providers, employers and equality organisations to engage together to improve gender identity and gender reassignment equality, rights and inclusion in Scotland. Website includes a full list of trans-specific groups and sources of advice.
<b>Stonewall Scotland</b>	Tel: 0800 050 2020 Email: <a href="mailto:info@stonewallscotland.org.uk">info@stonewallscotland.org.uk</a> Visit: <a href="http://www.stonewallscotland.org.uk">www.stonewallscotland.org.uk</a>	<b>Stonewall Scotland</b> are operating their information service via telephone and email
<b>Terrence Higgins Trust (Tayside)</b>	<a href="http://www.tht.org.uk/our-services/at-home">www.tht.org.uk/our-services/at-home</a>  Tel: 07880 172 047 Email: <a href="mailto:info.dundee@tht.org.uk">info.dundee@tht.org.uk</a>  Covid-19 support service 0141 332 3838 <a href="mailto:info.scotland@tht.org.uk">info.scotland@tht.org.uk</a>	<b>Terrence Higgins Trust Scotland</b> has centres in Dundee and Glasgow for people living with HIV. THT currently provides telephone and digital support – see website for details. <b>THT</b> can also offer additional tailored emergency support for a variety of issues through their Covid-19 service. Self-referrals accepted
<b>TransparentSees</b>	<a href="mailto:TransparenTsees@gmail.com">TransparenTsees@gmail.com</a>	<b>TransparentSees</b> support parents of trans young people in a confidential, safe place for parents, carers and other family members of trans people to meet, discuss issues and ask questions of one another.

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> Referral via a health professional only, including GP's.	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 download from [www.pkc.gov.uk/mentalhealth](http://www.pkc.gov.uk/mentalhealth)

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

Eloise Vajk, Suicide Prevention Co-ordinator

Perth & Kinross Council

[EVajk@pkc.gov.uk](mailto:EVajk@pkc.gov.uk)

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.

