



Support Services

Contact Information



An Easy Read Guide



Introduction

Our vision is for a Perth and Kinross where everyone can live life well, free from poverty and inequalities. We work with our communities to ensure that people can achieve their best physical and mental health and have access to quality care and support. This leaflet contains information about who you can contact for help when you need it.

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Scan the QR code to access Support Services contact information or visit www.pkc.gov.uk/communitysafety

Emergency/Crisis information



Police/fire/ambulance emergency

999



Police non-emergency

101



Contacts



About Suicide



How to Help



Safety Plan

Suicide? Help!

www.suicidehelp.co.uk

CRISIS SUPPORT 📞 Emergencies **999** | Samaritans **116 123**
Breathing Space **0800 83 85 87** | NHS 24 **111**

Download the **Suicide? Help! App**





ANGUS
Health & Social Care
Partnership



Dundee
Health & Social Care
Partnership



People and Places
Health and Social
Care Partnership

(2024010)



The Lighthouse

Crisis line for those aged 12 to 18 years
8.00am to 10.00pm

0800 121 4820

help@lighthouseforperth.org



The Neuk – Mental Health Crisis and Suicide Prevention Centre

18 St Paul's Square, Perth, PH1 5QW

7 days a week, 9.00am to 9.00pm

0800 121 4820

help@lighthouseforperth.org



Samaritans

Call day or night, 365 days a year

116 123



NHS non-emergency

111



Adult Support and Protection

You may see and hear things that make you worry about an adult's welfare and safety. Call to report concerns, available 24 hours a day.

0345 301 11 20



Social Work Out of Hours

03453 011120

Harm reduction services



IDART – Integrated Drug and Alcohol Recovery Team

Birnam, Murray Royal Hospital, Muirhall Road, Perth, PH2 7BH

Monday to Friday, 9.00am to 4.45pm

01738 564261

07920 070797

07920 070845



Hillcrest Futures – Tayside IEP Harm Reduction Service

Drumhar Health Centre, Drumhar Court, Perth, PH1 5PD

Monday to Friday, 9.00am to 5.00pm

01738 564267

Welfare services



Families Outside

Families Outside support people affected by a family member's involvement in the justice system.

We have a national helpline, one-to-one support for children and adults and peer support opportunities.

Lines are monitored Monday to Friday, 9.00am to 5.00 pm

0800 254 0088

Text FAMOUT to 60777

support@familiesoutside.org.uk



Child Impact Assessments

If you are a child or young person and you have someone in your life who has been arrested/is in prison/about to be released, then you are entitled to have your opinion heard.



Scan the QR code or visit www.pkc.gov.uk/article/23972/Child-Impact-Assessments-The-Toolkit to find out more information about your rights and how to ask for an impact assessment.



CATH Community Hub

Unit 20, St Catherine's Road, Perth,
PH1 5RY

Monday 9.15am to 4.30pm

Tuesday 9.15am to 6.00pm

Wednesday 9.15am to 4.30pm

Thursday 9.15am to 4.30pm

Friday 9.15am to 4.00pm

Recovery Café 1st Saturday every
month, 9:30am to 11.30am, free
breakfast

01738 633077

enquiries@cath-org.co.uk



Salvation Army

77 South Street, Perth, PH2 8PD

Drop-in Monday and Wednesday only,
11.00am to 1.00pm

Recovery Café every Thursday, midday
to 3.00pm at the 3:16 Café in King
Edward Street, Perth

01738 440090

perth@salvationarmy.org.uk



Citizens Advice

Monday to Friday, 10.00am to 1.00pm

01738 450580

advice@perthcab.org.uk



Foodbank

Unit A, 10-16 York Place, Perth,
PH2 8EP

Tuesday, Wednesday and Friday,
Midday to 4.00pm

Thursday 1.30pm to 3.30pm

01738 626799

info@perthkinross.foodbank.org.uk



Advice and support including food help

Monday to Friday, 8.45am to 5.00pm

0345 30 111 00

communitysupport@pkc.gov.uk



Housing Advice Team

Pullar House, 35 Kinnoull Street, Perth,
PH1 5GD

Monday to Friday, 9.00am to 5.00pm

01738 476000

housinginfo@pkc.gov.uk



Welfare Rights Team

Pullar House, 35 Kinnoull Street, Perth,
PH1 5GD

Monday to Friday, 9.00am to 5.00pm

01738 476900

welfarerights@pkc.gov.uk

Benefits for people in prison and their families

www.pkc.gov.uk/peopleinprison



Employment Support Team

Help if you are at risk of losing your job and you have health condition or disability. They can liaise with your employer, offer advice and ensure any reasonable adjustments are considered.

Voicemail box 01738 477638

HCCEmploymentSupport@pkc.gov.uk

www.pkc.gov.uk/est



The Scottish Welfare Fund

Crisis Grants to help you get furniture or money until your next pay cheque.

Monday to Friday, 9.00am to 5.00pm

01738 476900 (option 2)

WelfareFund@pkc.gov.uk



Universal Credit (help with rent)

Monday to Friday, 9.00am to 5.00pm

0800 328 5644

www.pkc.gov.uk/uc



Help with rent and Council Tax (Housing Benefit and Council Tax Reduction)

Monday to Friday, 9.00am to 5.00pm

01738 476049

www.pkc.gov.uk/ctrhbapply

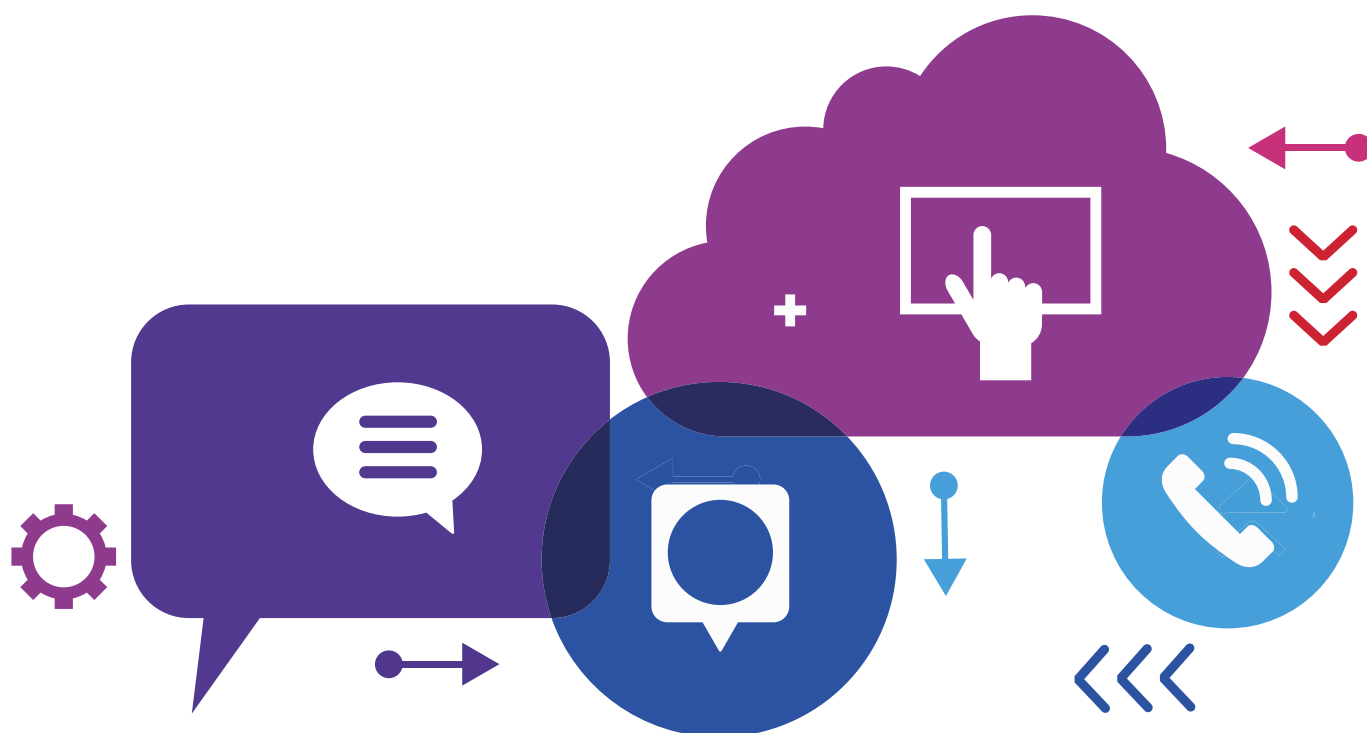


To find details of your local doctors, mental health services and foodbanks

Monday to Friday, 8.45am to 5.00pm

01738 476173

SCT@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.

BSL users can contact us via Contact Scotland BSL, the online British Sign Language video relay interpreting service. Find out more on the Contact Scotland BSL website <https://contactscotland-bsl.org>