

# wheretoturn

## Information and Advice Services in Scotland



### Abuse

**Amina: Muslim Women's Resource Centre**  
Helpline 0808 801 0301 or 0141 212 8420  
[www.mwrc.org.uk](http://www.mwrc.org.uk)

### Rape Crisis Scotland

08088 01 03 02  
[www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk)

### Scottish Domestic Abuse Helpline

0800 027 1234  
[sdafmh.org.uk](http://sdafmh.org.uk)

### Carers

**Carers Scotland**  
0808 808 7777  
[www.carersuk.org](http://www.carersuk.org)

### Children and Young People

**Childline Scotland**  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

### LGBT Youth Scotland

Text 07786 202 370  
[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

### Young Scot Infoline

0808 801 0338  
Text 'callback' to 87023  
[www.youngscot.org](http://www.youngscot.org)

### Disability

**Disability Information Scotland**  
0300 323 9961  
[www.disabilityscot.org.uk](http://www.disabilityscot.org.uk)

### Employment Relations

**Acas**  
0300 123 1100  
[www.acas.org.uk](http://www.acas.org.uk)

### Equalities

**Equality Advisory & Support Service**  
0808 800 0082  
[www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com)

### Families

**Families Outside**  
0500 83 93 83  
[www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)

### Grandparents Apart UK

0141 882 5658 or 01560 322937  
[www.grandparentsapart.co.uk](http://www.grandparentsapart.co.uk)

### Missing People

Helpline 11 6000  
[www.missingpeople.org.uk](http://www.missingpeople.org.uk)

### One Parent Families Scotland

Helpline 0808 801 0323  
[www.opfs.org.uk](http://www.opfs.org.uk)

### Parent Line Scotland

08000 28 22 33  
[www.children1st.org.uk](http://www.children1st.org.uk)

### Scottish Families Affected by Alcohol & Drugs

08080 10 10 11  
[www.sfad.org.uk](http://www.sfad.org.uk)

### Financial

**National Debtline**  
0808 808 4000  
[www.nationaldebtline.org](http://www.nationaldebtline.org)

### Advice Direct Scotland

0808 800 9060  
[www.advice.scot](http://www.advice.scot)

### Health

**NHS 24 Helpline**  
111  
[www.nhs24.scot](http://www.nhs24.scot)

### Patient Advice and Support Service

[www.patientadvice.scotland.org.uk](http://www.patientadvice.scotland.org.uk)

### Housing

**Positive Action in Housing**  
0141 353 2220  
For Emergency hotline call or text  
0141 353 7972  
[www.paih.org](http://www.paih.org)

### Shelter Scotland

Free Housing Advice  
0808 800 4444  
<http://scotland.shelter.org.uk>

### Immigration and Asylum

**Asylum Help**  
0808 8000 630  
[www.asylumhelpuk.org](http://www.asylumhelpuk.org)

### Scottish Refugee Council

0141 248 97 99  
[www.scottishrefugeecouncil.org.uk](http://www.scottishrefugeecouncil.org.uk)

### UK Lesbian & Gay Immigration Group

020 7922 7811  
[www.uklgig.org.uk](http://www.uklgig.org.uk)

### Legal

**Ethnic Minorities Law Centre**  
0141 204 2888 or 0131 229 2038  
[emlc.org.uk](http://emlc.org.uk)

### Scottish Legal Aid Board

Legal Aid information line  
0845 122 8686 or 0131 226 7061  
[www.slab.org.uk](http://www.slab.org.uk)

### Scottish Legal Complaints Commission

0131 201 2130  
[www.scottishlegalcomplaints.org.uk](http://www.scottishlegalcomplaints.org.uk)

### Listening Ear

**Breathing Space**  
0800 83 85 87  
[breathingspace.scot](http://breathingspace.scot)

### Samaritans

08457 90 90 90  
[www.samaritans.org](http://www.samaritans.org)

### Mental Health

**Alzheimer Scotland**  
0808 808 3000  
[www.alzscot.org](http://www.alzscot.org)

### Bipolar Scotland

0141 560 2050  
[www.bipolarscotland.org.uk](http://www.bipolarscotland.org.uk)

### SAMH

0141 530 1000  
[www.samh.org.uk](http://www.samh.org.uk)

### Older People

**Silver Line Scotland**  
0800 470 80 90  
Mobile No: 0300 4 70 80 90  
[www.thesilverline.org.uk](http://www.thesilverline.org.uk)

### Regulatory Bodies

**Care Inspectorate**  
0845 600 9527  
[www.careinspectorate.com](http://www.careinspectorate.com)

### Healthcare Improvement Scotland

0131 623 4300 or 0141 225 6999  
[www.healthcareimprovementscotland.org](http://www.healthcareimprovementscotland.org)

### Information Commissioner's Office

0131 244 9001  
[www.ico.org.uk](http://www.ico.org.uk)

### Office of the Public Guardian

01324 678 300  
[www.publicguardian-scotland.gov.uk](http://www.publicguardian-scotland.gov.uk)

### Scotland's Commissioner for Children and Young People

Freephone line 0800 019 1179  
[www.sccyp.org.uk](http://www.sccyp.org.uk)

### Scottish Public Services Ombudsman

0800 377 7330  
[www.spsos.org.uk](http://www.spsos.org.uk)

### The Mental Welfare Commission for Scotland

Advice Line 0800 389 6809  
or 0131 313 8777  
[www.mwscot.org.uk](http://www.mwscot.org.uk)

### Support and Counselling

**Combat Stress**  
24 Hour helpline 0800 138 1619  
[www.combatstress.org.uk](http://www.combatstress.org.uk)

### Cruse Bereavement Scotland

0845 600 22 27  
[www.crusescotland.org.uk](http://www.crusescotland.org.uk)

### Victim Support Scotland

0345 6039 213  
[www.victimsupportsco.org.uk](http://www.victimsupportsco.org.uk)

### Advocacy Organisations

For information on local advocacy organisations go to Find an Advocate on the Scottish Independent Advocacy Alliance website [www.siaa.org.uk](http://www.siaa.org.uk)

### What is independent advocacy?

Independent advocacy is about speaking up for an individual or group, it is a way to help people have a stronger voice and to have as much control as possible over their own lives. Independent advocacy organisations are separate from those that provide other types of services.

The Scottish Independent Advocacy Alliance (SIAA) is a membership organisation that promotes, supports and defends the principles and practice of independent advocacy across Scotland. Its aim is to ensure that high quality advocacy is available to everyone who needs it in Scotland.

Scottish Independent Advocacy Alliance  
London House, 20-22 East London Street  
Edinburgh EH7 4BQ  
0131 556 6443  
[www.siaa.org.uk](http://www.siaa.org.uk)

