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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

Rape Crisis Scotland

08088 01 03 02
www.rapecrisisscotland.org.uk

Scottish Domestic Abuse Helpline

0800 027 1234
sdafmh.org.uk

Carers

Carers Scotland
0808 808 7777
www.carersuk.org

Children and Young People

Childline Scotland
0800 1111
www.childline.org.uk

LGBT Youth Scotland

Text 07786 202 370
www.lgbtyouth.org.uk

Young Scot Infoline

0808 801 0338
Text 'callback' to 87023
www.youngscot.org

Disability

Disability Information Scotland
0300 323 9961
www.disabilityscot.org.uk

Employment Relations

Acas
0300 123 1100
www.acas.org.uk

Equalities

Equality Advisory & Support Service
0808 800 0082
www.equalityadvisoryservice.com

Families

Families Outside
0500 83 93 83
www.familiesoutside.org.uk

Grandparents Apart UK

0141 882 5658 or 01560 322937
www.grandparentsapart.co.uk

Missing People

Helpline 11 6000
www.missingpeople.org.uk

One Parent Families Scotland

Helpline 0808 801 0323
www.opfs.org.uk

Parent Line Scotland

08000 28 22 33
www.children1st.org.uk

Scottish Families Affected by Alcohol & Drugs

08080 10 10 11
www.sfad.org.uk

Financial

National Debtline
0808 808 4000
www.nationaldebtline.org

Advice Direct Scotland

0808 800 9060
www.advice.scot

Health

NHS 24 Helpline
111
www.nhs24.scot

Patient Advice and Support Service

www.patientadvicescotland.org.uk

Housing

Positive Action in Housing
0141 353 2220
For Emergency hotline call or text
0141 353 7972
www.paih.org

Shelter Scotland

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

Immigration and Asylum

Asylum Help
0808 8010 503
www.asylumhelpuk.org

Scottish Refugee Council

0141 248 97 99
www.scottishrefugeecouncil.org.uk

UK Lesbian & Gay Immigration Group

020 7922 7811
www.uklgig.org.uk

Legal

Ethnic Minorities Law Centre
0141 204 2888 or 0131 229 2038
emlc.org.uk

Scottish Legal Aid Board

Legal Aid information line
0845 122 8686 or 0131 226 7061
www.slab.org.uk

Scottish Legal Complaints Commission

0131 201 2130
www.scottishlegalcomplaints.org.uk

Listening Ear

Breathing Space
0800 83 85 87
breathingspace.scot

Samaritans

08457 90 90 90
www.samaritans.org

Mental Health

Alzheimer Scotland
0808 808 3000
www.alzscot.org

Bipolar Scotland

0141 560 2050
www.bipolarscotland.org.uk

SAMH

0141 530 1000
www.samh.org.uk

Older People

Silver Line Scotland
0800 470 80 90
Mobile No: 0300 4 70 80 90
www.thesilverline.org.uk

Regulatory Bodies

Care Inspectorate
0845 600 9527
www.careinspectorate.com

Healthcare Improvement Scotland

0131 623 4300 or 0141 225 6999
www.healthcareimprovementscotland.org

Information Commissioner's Office

0131 244 9001
www.ico.org.uk

Office of the Public Guardian

01324 678 300
www.publicguardian-scotland.gov.uk

Scotland's Commissioner for Children and Young People

Freephone line 0800 019 1179
www.sccyp.org.uk

Scottish Public Services Ombudsman

0800 377 7330
www.spsos.org.uk

The Mental Welfare Commission for Scotland

Advice Line 0800 389 6809
or 0131 313 8777
www.mwscot.org.uk

Support and Counselling

Combat Stress
24 Hour helpline 0800 138 1619
www.combatstress.org.uk

Cruse Bereavement Scotland

0845 600 22 27
www.crusescotland.org.uk

Victim Support Scotland

0345 6039 213
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

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

