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Other Services

Emergencies 999

Samaritans 116 123

Breathing Space 0800 83 85 87

NHS24 111

It provides helpful information for those affected in any way by suicide, lists contact details for local and national services, and has the space for anyone to create their own safety plan.

Contacts

Relevant websites & numbers
for Tayside & UK users



About Suicide

Suicide myths, facts, getting
help & how to cope with a loss

How to Help

Details on how you can begin
to help others in need



Safety Plan

Create a Safety Plan to guide
you through difficult times



Get the [App](#)



Suicide? Help!

<https://www.suicidehelp.co.uk/index.html>



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Signposting to Angus Services

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Support Services

The Beacon

The Beacon is a new Community Wellbeing Centre in Arbroath. They offer kind and caring support to people experiencing emotional distress, their carers, families and friends. Anyone living in Angus aged 16 and over can access support from 12 noon to 12 midnight, 7 days a week, every day of the year.

Suicide support is provided by The Beacon and available to all adults living in Angus who experience thoughts of suicide or who may have attempted suicide. Support is also available for family members, carers or friends of adults experiencing suicidal thoughts.

Call: 0800 135 7899

Email: TheBeacon@hillcrestfutures.org.uk

Address: Kirk Square, Arbroath, DD11 1DX

Shout

A 24/7, confidential text service for people struggling with anxiety, stress, or depression.

Text: Text "SHOUT" to 85258

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Support Services

NHS Tayside Community Listening Service

Monday to Friday 9am to 5pm

This service is available to anyone aged 16+ registered with a Tayside GP Practice via both staff-initiated and self-referrals.

Fully trained volunteer listeners provide 50-minute confidential appointments on the phone or within your GP practice for talking about grief/loss, challenging relationships, stress, work illness, caring responsibilities etc.

Call: 01382 423116

Text 07967771941

Email: tay.listening@nhs.scot



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Support Services

Insight Counselling

Monday to Thursday 9am to 8pm

Friday 9am-3pm

Insight Counselling offers a safe and confidential space where people are listened to without judgement. People have an opportunity to explore troubling issues from the past or present and explore options for the future. The Counselling service is free to anyone living in Dundee or Angus, and participants can receive up to 8 counselling sessions, with the option of telephone, video, or in-person counselling in Dundee.

Call: 01382 305706

Website: 01382 305706



Support Services

Change Mental Health (Tayside)

Monday to Friday 10am to 4pm

This is a national charity with a Tayside service.

They provide non clinical, person centred support to people affected by mental illness in the community.

Website:

www.changemh.org/support_areas/tayside/

Call: 0808 8010 515

Reach Across

Reach Across are a registered charity based in Arbroath, Scotland, who provide help and support (including counselling) for those experiencing mental health difficulties.

Website: www.reachacross.org.uk

Call: 01241 433651



Support Services

Self-Harm Service (Penumbra)

Self-harm is a complex way of coping with difficult emotions. If this is something you're experiencing in your life this support service can offer you a safe, non-judgemental space where you can talk openly and explore how you're feeling.

Email: SHNS@penumbra.org.uk

Online: www.selfharmnetworkscotland.org.uk/

Call: 01382 223487

Togetherall

24 hours every day

A free, anonymous, digital mental wellbeing service, available to Tayside residents aged 16 and over providing practical wellbeing tools and resources. There is peer support which is monitored and moderated by licensed mental health practitioners.

Website: www.togetherall.com

Support Services

Angus Community Connector

The Angus Community Connector website helps you find organisations, services, community groups and social enterprises, in your area of Angus - helping communities find connection. This includes support around:

- Employability
- Isolation/Community
- Health
- Welfare Support
- Victim Support



Website:

<https://anguscommunityconnector.org.uk/>

There is also an app that can be downloaded - scan the QR code to access this.



Support Services

Voluntary Action Angus

VAA is the Third Sector Interface (TSI) for Angus providing a central point of access for support and advice for the third sector. VAA supports, promotes, and advocates for the third sector and identifies development opportunities for community groups, voluntary organisations, social enterprises, and volunteers. They support communities, and help improve people's wellbeing in various ways, such as:

- Befriending
- Volunteering opportunities
- Breast Buddies - breastfeeding support
- Youth Development
- Employability Support
- Community Link Working
- Locality Working
- Social Enterprise

Call: 01307 466113

Email: info@voluntaryactionangus.org.uk

Website: <https://www.voluntaryactionangus.org.uk/>



Bereavement

Cruse Scotland

Cruse Scotland is the nation's expert in bereavement counselling, listening services, information, advice and training for adults and children experiencing a loss. They aim to create a compassionate country where grief is properly discussed, understood and supported.

Call: 0808 802 6161 (available 9am-8pm Weekdays, and 10am-2pm Weekends)

Online Chat:

<https://www.crusescotland.org.uk/get-support/griefchat/67771941>

Website: <https://www.crusescotland.org.uk/>



Money Help

Angus Council Help with Cost of Living

Information on community and warm spaces, benefits, debt and money advice, household bills, food and other sources of support

Website:

www.angus.gov.uk/benefits_and_money_advice/help_with_the_cost_of_living

Citizens Advice Bureau (CAB)

Angus Citizens Advice Bureau are designed to help assist with any problems you have ranging from debt management to assistance with court actions etc.

Website: www.anguscab.org.uk

Call:

- Arbroath - 01241 870 661
- Forfar - 01307 467 096
- Montrose - 01674 673 263

Money Help

NHS Tayside Advice Centre

The Advice Centre offers signposting on a range of topics including welfare benefits, money worries and debt, housing food and fuel including support for carers.

Address: Main concourse, Ninewells Hospital, Dundee, DD21SG

Email: Tay.AdviceCentre@nhs.scot

Call: 01382 740519

One Parent Families Scotland

Monday - Friday, 9.30am-4pm

A direct money and debt advice service and information and tips on subjects including budgeting, money saving tips and more, for single parents.

Online - <https://opfs.org.uk/support-and-advice/your-money/>

Lone Parent Helpline - 0808 801 0323

Email - advice@opfs.org.uk.



Money Help

Community Link Worker

Non-clinical advice and support to improve health and wellbeing for people affected by social or environmental issues such as feeling alone, a lack of support, poor housing, or debt. Help to access local activities.

Self-refer: Ask at your GP Reception to make an appointment

Call Voluntary Action Angus (VAA) 01307 466113



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For Support with Abuse and Sexual Assault

Angus Women's Aid

Provides free confidential information and support to women, children and young people who have experienced domestic abuse and live in Angus

Website: www.anguswomensaid.co.uk

Call: 01241 439437

Victim Support Angus

A free confidential service available to all victims of crime, whether or not the crime has been reported to the police.

Address: 50 East Abbey Street, Arbroath DD11 1EN

Email: victimsupport.angus@victimsupportsco.org.uk

Website: www.victimsupport.scot/locations/victim-support-angus/

Call: 01241 878507

Freephone: 0800 160 1985



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For Support with Abuse and Sexual Assault

Hear Me Counselling

A free counselling service based in Angus, for survivors of sexual abuse. Specialising in working with complex mental health issues and trauma, with adults and children, aged 8+

Call: 01307 850741

Text: 07975 726953

Email: info@hearmecounselling.com

Website: www.hearmecounselling.com



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For Support with Abuse and Sexual Assault

Rape Crisis

Get in touch any day between 5pm – midnight.

Call: 08088 01 03 02

Text: 07537 410 027

Email: support@rapecrisisscotland.org.uk

Webchat: www.rapecrisisscotland.org.uk

Local Details for Rape Crisis: WRASAC (Women's Rape and Sexual Abuse Centre) Dundee and Angus

Provide free and confidential support services (including counselling) to women, and children of all genders aged 8 to 18, who have been raped, sexually abused or sexually exploited at any time in their life.

Call: 01382 201291

Email: support@wrasac.org.uk

Website: www.wrasac.org.uk

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Substance Use

also see “Advocacy” section

Angus Integrated Drugs and Alcohol Recovery Service (AIDARS)

Drug and alcohol treatment in Angus is provided by a single Substance Use Service team, which is also integrated with the Social Work alcohol, drug and blood borne virus service.

Website:

https://www.angus.gov.uk/social_care_and_health/alcohol_and_drugs/angus_integrated_drug_and_alcohol_recovery_service_aidars

Call : 01241 822502



Substance Use

Tayside Council on Alcohol (TCA)

This is a Tayside organisation that has a range of services. This includes support, information, advice and counselling services for those concerned about their own or another person's alcohol use.

Website: www.alcoholtayside.com

Call: 01241 872989

Angus Alcohol and Drugs Partnership

This multi-agency group will ensure the delivery of key outcomes to address substance use in Angus; influence the planning and commissioning of substance use services and ensure that the provision of these services meets local needs and priorities.

Website:

https://www.angus.gov.uk/social_care_and_health/alcohol_and_drugs



Support Groups

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Andy's Man Club

Every Monday 7pm – 9pm (except bank holidays)

A free suicide prevention, mental health and wellbeing peer support group for men aged over 18 years to help them through life. This is a national organisation that has local groups led by volunteer facilitators.

There is no referral you just go along.

For details of your nearest group visit the website

Website: www.andysmanclub.co.uk

Women's Wellbeing Club

Every Tuesday 6.30pm – 9pm

A free Peer Support Group for women aged over 18 years. It offers safe, confidential space to receive and give support through the power of conversation. This is a national organisation that has local groups led by volunteer facilitators. There is no referral you just go along.

For details of your nearest group visit website

Website: www.womenswellbeingclub.co.uk



Support for Older Participants

Silverline Scotland

24/7 Telephone Support

Silverline Scotland is a UK charity providing friendship, conversation, and support to older people (aged 55 and over). It offers a listening ear to combat loneliness and can connect callers with local services and community groups.

Website: www.thesilverline.org.uk

Call: 0800 4 70 80 90

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Alzheimers & Dementia Support

(also see “Advocacy” section)

Dementia UK

Speak with an Admiral nurse for help and support, or just to talk, about living with dementia or supporting someone with dementia.

Available Helpline:

Mon-Fri, 9am-9pm (excluding bank holidays)

Sat-Sun, 9am-5pm

Call: 0800 888 6678

Angus Brain Health & Dementia

Resource Centre

Open Mon-Fri, 9am-1pm

Call: 01241 431770

Website: <https://www.alzscot.org/centre/angus/>

Email: angusservices@alzscot.org

24/7 Helpline: 0808 808 3000



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Support for Children and Young People

(also see “Advocacy” section)

Childline

For young people under the age of 19

Childline is there to help anyone under 19 in the UK with any issue they’re going through. You can talk about anything. Whether it’s something big or small, their counsellors are trained to support you.

Childline is free, confidential and available 24/7.

Call: 0800 1111

Email or online chat: <https://www.childline.org.uk/>

Cool2Talk

For young people aged 12-25 in Tayside.

An interactive website for anonymous and confidential health related questions, answered honestly and correctly. Offers reassurance, encouragement, information and advice on any health related issue as well as signposting to appropriate services.

Website: www.cool2talk.org



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Support for Children and Young People

Hot Chocolate Trust (Dundee)

For young people aged 12-21.

Hot Chocolate Trust is a Youth Work organisation, based in Dundee city centre. It is open to all young people without prejudice or distinction of religion, race, culture, health, disability, gender, hair colour, sexuality or politics.

Drop in Hours

Tuesday 6pm-8pm

Thursday 4pm-6pm

Website: <https://www.hotchocolate.org.uk/>

Call: 01382 223880

Advocacy

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Angus Independant Advocacy

Open Monday-Friday, 9am-5pm

Angus Independent Advocacy (AIA) provide free accessible independent advocacy support to individuals living in Angus who are facing barriers to having their voice heard and being involved in decisions affecting their lives. We strive towards inclusive communities in which Every Voice Matters.

This includes:

- Children and Young People's Advocacy
- Peer Advocacy (for those affected by drugs, alcohol or substance misuse)
- Families (those affected by long term health conditions, additional support needs, literacy issues, substance use issues)
- General advocacy (e.g. those with an acquired brain injury or a learning disability, dementia, mental health illness, older people)

Website: <https://angusindadvocacy.org/>

Email: enquiries@angusindadvocacy.org

Call: 01241 434413