

Resources and Services for Glasgow West

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1. General Mental Health

Breathing Space

0800 83 85 87

www.breathingspacescotland.co.uk

Free (from most mobile phones) confidential phone line someone can call when they are feeling stressed or down. Open from early evening till 2am. Can offer advice and information. Created to address the rising rates of suicide in young men.

C.O.P.E

Offers a wide range of therapies and services including, counselling for bereavement, anxiety, depression and abuse. Relaxation courses also available.

20, Drumchapel Rd, Glasgow, Lanarkshire G15 6QE

Tel: **0141 944 5490**

Cruse Bereavement Care Scotland (Glasgow Branch)

11 Bothwell Street, Glasgow, G2 6LY

0141 248 1602

www.crusescotland.org.uk

Bereavement counselling

Depression Alliance

0131 467 7701

www.depressionalliancesscotland.org

Access to self-help groups, helpline, self-managements schemes

Dumbarton Road Corridor Stress Centre

Operates a therapeutic stress relief and stress management service for adults suffering from the negative effects of stress in their lives. The service is provided from one of its 3 partner project venues in Whiteinch, Scotstoun and Yoker.

You can access the Dumbarton Road Corridor Stress Centre service if you are resident within these areas or the following postal codes: G12, G13, or G14, or you are a patient of a GP operating in these post code areas within the West Community Health and Care Partnership area.

To arrange an appointment at one of our three venues, or for service information, simply call us on 0141 553 0974

Family Mediation West

1 Melrose Street, Glasgow, G4 9BJ

0141 332 2731

www.familymediationscotland.org.uk

Support to families/children affected by separation/divorce via face to face meetings with parents, joint mediation, and childrens contact centre.

Glasgow Marriage Counselling Service

27 Sandyford Place, Sauchiehall Street, Glasgow, G3 7NG
0141 248 5249

www.couplecounselling.org

Counselling service for couples who are experiencing difficulties in their marriage. Free, but donations are requested. Mon-Fri, 10am-9pm.

Jmind - Jewish Mental Health Service

0141 577 8245

www.gorbalslive.org.uk

Provides support to Jewish individuals who are between the ages of 18 to 65 and have mental health problems. Can provide support for people suffering from depression, stress, anxiety, manic depression, schizophrenia, poor self esteem or social anxiety. Support can be given on a one to one basis or in a group setting via stress management, art/music therapy, confidence boosting etc

Marriage Counselling/ Relate

0845 130 4010

www.relate.org.uk

If you are panicking or feel you have nowhere else to turn and you need to talk about your relationship calling Relate line (0845 130 4010 - open 9.30am to 4.30pm, Monday to Friday) will put you in touch with a counsellor who can briefly talk things through with you and offer ideas and direction for the future (20 min phone call). Free information and advice on common problems available on website. More in-depth telephone counselling also available (£45 an hour). Phone appointments booking line: 0845 1 30 40 16 (Monday - Friday: 9am - 5pm). For £17.50 you can receive relationship advice online from a trained Relate counsellor. Face-to-face counselling available through Couple Counselling Scotland (see above).

Mind

0845 766 0163

www.mind.org.uk

The Mind info Line offers thousands of callers confidential help on a range of mental health issues. Call 0845 766 0163 from anywhere in the UK for the price of a local call. They also provide a special legal service to the public, lawyers and mental health workers. (Helpline open Monday to Friday 9.15am to 5.15pm). Mind also produces a wide range of publications, including fact sheets, the award-winning 'Understanding...' booklets, covering anxiety, depression, schizophrenia and other mental health problems, and a 'How to...' series, promoting ways of coping and strategies for living. Over 100 Mind publications are available in full on the website.

GAMH West Glasgow

West Community Project, Unit 11, 32 Mansfield Street, Partick, Glasgow, G11 5Q

0141 357 2570

west@gamh.org.uk

www.gamh.org.uk

This project assists people by supporting them to develop coping strategies to enable/empower them to deal with their own mental well being more effectively.

- Open Monday to Thursday 9am -5pm and Friday 9am -4.30pm
- People can self refer or be referred by another agency.
- Service users need to be able to speak English
- Wheelchair accessible but no disabled parking
- Information in other languages/ Braille and large print are available on request.
- Home visits are available

Momentum Scotland's Fresh Start Project

80 Oswald Street, Glasgow, G1 4PL

0141 221 2333

www.momentumscotland.org

Assists unemployed people with mental health and / or stress related issues to consider their future employment options. Clients can access information technology training and personal development as well as vocational exploration, which make them aware of options and choices to them in further education or employment.

National Phobics Society

0870 122 2325

www.phobics-society.org.uk

Helpline offering support, advice and self-help material. Web site offers online support. Members of this society will get reduced rates for private therapy as an alternative option.

Projectability

Centre for Developmental Arts/Trongate Studios, 18 Albion Street, Glasgow, G1 1LH

0141 552 2822

Project Ability is one of Scotland's leading developmental arts organisations. Since 1984 we have been promoting equality of access to the arts by supporting people of all ages and abilities to take part in innovative visual arts projects.

We work with children and adults with a learning disability, people with mental health problems, and others who find it difficult to access mainstream activities.

Samaritans

08457 90 90 90

www.samaritans.co.uk

Confidential 24-hour phone line for people who are in despair or feel suicidal and need someone to talk to.

SAMH Scottish Association for Mental Health

Head Office, Cumberae House, 15 Carlton Court, Glasgow , G5 9JP
0141 568 7000

www.samh.org.uk

SAMH, Scotland's leading mental health charity, works to support people who experience mental health problems, homelessness, addictions and other forms of social exclusion. This service provides a range of direct services across Glasgow, and the rest of Scotland.

Services Provided in Glasgow

Supported Accommodation,
Housing Support
Homelessness Services
Supported Employment and Integrated Training
Community-Based Rehabilitation

Stress Watch Scotland

01563 574 144

www.stresswatchscotland.org

Helpline offering advice, information and support. Covers panic attacks, phobias and general anxiety. Also provides links to local self-help groups or to a telephone recovery group.

The Annexe Healthy Living Centre

Partick Community Association, The Annexe Centre, Glasgow, G11 5PE
0141 357 6747

www.theannexehlc.org

The annexe offers education, training and social activities for the Partick and Glasgow West communities. You can meet with people from the community or join the wide range of leisure activities such as music, drama, dance, arts and crafts, exercise, yoga, volunteering etc

The Sandyford Initiative, Eating Disorders

2/6 Sandford Place, Glasgow, G3 7NB

0141 211 6700

www.sandyford.org

The centre provides counselling and group work for women wishing to gain insight and help with ongoing or past experiences of eating disorders in a safe and confidential environment. There are also services for friends and families of those with eating disorders. Please phone to make an appointment or visit your GP for a referral. Open drop-in groups provide an opportunity for women to make contact with other sufferers

2. NHS Resources

Community Treatment Centre for Brain Injury

70 Commercial Road, Glasgow, G5 0QZ

0141 300 6313

NHS service providing assessment and rehabilitation to people with acquired brain injury.

The team includes Clinical Psychologists, Speech and Language Therapists and Occupational Therapists

NHS Carers Helpline

0808 808 7777

www.carers.gov.uk

Help and advice to carers. The NHS helpline will also be able to tell people what financial help is available, details of carers' groups in their area, and contact points for national organisations that help carers throughout Scotland

NHS 24 Helpline

08454 24 24 24

www.nhs24.com

Phone for access to Glasgow Emergency Medical Service (GEMS) or CPN out-of-hours service.

3. Older Peoples Services

Drumchapel Home Visiting and Day Care Service

Unit 23, 42 Dalsetter Avenue, Glasgow, G15 8TE

0141 944 3633

www.volunteerglasgow.org

Befriending, 50 plus, befrienders, service users, lunch club 50 plus, G15, door to door transport

Scottish Helpline for Older People

0845 125 9732

www.ageconcernscotland.org.uk

Provides information and help to older people in Scotland, and to those concerned about older people in Scotland. Line open from 10am to 4pm, Monday to Friday

4. General and Sexual Health Services

Breakthru for Women

4th Floor, 30 Bell Street, Candleriggs, Glasgow, G1 1LG

0141 552 5483

Provides sexual abuse counselling. Languages spoken include English, Punjabi and Urdu and Cantonese- interpreters by arrangement. Accept self and agency referrals from all over Glasgow.

Glasgow Pregnancy Crisis Centre

110 St James Road, Glasgow , G4 OPS
0141 552 4308

Pregnancy and post-abortion information and support

ME Association

0870 444 1835

www.meassociation.org

Help, advice & support for sufferers of CFS / ME

Smoking Concerns

0141 201 9825

www.smokingconcerns.com/public

Designed to help people in the Glasgow area give up smoking through use of support groups, support from your GP and pharmacy services. Self-referral or through GP. Phone lines open Mon-Fri 9am-5pm.

The Sandyford Initiative

2/6 Sandyford Place, Sauchiehall Street, Glasgow, G3 7NB

0141 211 8600

www.sandyford.org

Provides services for sexual health, contraception and women's health (see 'Centre for Women's Health') in Glasgow as well as counselling and a range of specialist services. The Sandyford Initiative is part of the NHS Glasgow and is available free of charge without the need to be referred by another practitioner. Both appointment and drop-in services are available - phone for details. Also has a free crèche. Numerous family planning and reproductive health clinics operate locally throughout Glasgow.

The Sappho Service at Sandyford Initiative

2/6 Sandyford Place, Sauchiehall Street, Glasgow, G3 7NB
0141 211 8130

www.sandyford.org

Provides clinical and counselling services, as well as information and resources, to bisexual and lesbian women. Clinical services available by appointment or drop-in. Drop-in or ongoing support and counselling are also available.

The Steve Retson Project at The Sandyford Initiative

2/6 Sandyford Place, Sauchiehall Street, Glasgow, G3 7NB
0141 211 8628

www.steveretsonproject.org.uk

A sexual health service for gay and bisexual men. Offers full screening for STD's, and counselling for all men who have sex with men. Counselling also offered. Self referral

5. Ethnic Minorities and Asylum Seekers

COMPASS Asylum Seekers and Refugee Mental Health Liaison Team, NHS Glasgow

Units 34/35 Hyde Park Business Centre 60 Mollinsburn Street Glasgow, G21
4SF

0141 630 4985

Aim of service

- Provision of culturally sensitive mental health care to children/adolescents and adults across Glasgow
- The service is aimed at people who have a past history of torture/rape or sexual assault and who have mental health problems such as depression or post-traumatic stress disorder.
- The service can respond to families where children and adults have been affected by traumatic events and now have mental health problems

Services provided: - Individual counselling, psychotherapy or cognitive-behaviour therapy is provided.
- Individual and group art therapy is available.
- Group programmes: Women's group programme and Mother and babies group.

Ethnic Minority Health Project

Ethnic Minority Enterprise Centre, 40 Wellington Street, Glasgow, G1 6HJ
0141 221 4044

Advocacy and support to client: liaise with health professionals confidential and free service ensuring effective communication. Holistic approach.
Advice and support for a range of issues - housing, education, legal etc
All Project staff are bi-lingual.

Ethnic Minorities Law Centre

41 St. Vincent Place, 2nd Floor, Glasgow, G1 2ER
0141 204 2888

admin@emlc.org.uk

www.emlc.org.uk

Provides free, independent, confidential support and advice to female victims of abuse. The majority of their female clients are asylum seekers or refugees who have undergone traumatic gender violence in their country of origin. The female support worker can provide:

- Support & Information in a bi-lingual and culturally sensitive setting.
- Referrals to other specialist agencies, if appropriate.
- The Law Centre is open from Monday-Friday 9-5pm. Closed for Lunch 1-2pm.
- Women can self refer or be referred by another agency.
- Meeting can be arranged in Sighthill or at Kingsway Court Health and Well being Centre if the client is from those parts of Glasgow.
- Office workers are fluent in various languages.

- Interpreter available by arrangement (always try to ensure that a female interpreter be made available)
- Written information available in various different languages detailing the work of the Law Centre.

Glasgow Give And Gain

Apsley House, 29 Wellington Street, Glasgow, G2 6JA

0141 566 2832

www.csv.org.uk

Providing volunteering opportunities for Asylum Seekers and Refugees

Meridian - Black and Ethnic Minority Women's Information and Resource Centre

30 Clyde Place, Glasgow, G5 8AQ

0141 429 6034

meridianBEMWC@hotmail.com

Services are for women only

Multi-lingual advice and support on issues concerning health, housing, education, employment, benefits, etc.

Confidential counselling for individuals

Crèche facilities available

Languages spoken by workers: Urdu, Punjabi, Cantonese, Igbo, Yoruba, Twi, Arabic, Tamil, Hindi

Interpreter/signer available by arrangement (always try to ensure that a female interpreter/signer be made available)

Building fully accessible with onsite disabled parking

Scottish Refugee Council

0800 085 6087

www.scottishrefugeecouncil.org.uk

Has a Freephone number for newly arrived and dispersed asylum seekers. Offers a one-stop service at Glasgow Head Office, giving information and advice.

Victim Support Asylum and Ethnic Minority Project

131/141 Saltmarket Glasgow, G1 5LF

0141 553 2415

vsglasgowcity@victim-support.demon.co.uk

- Open Monday to Friday 9am - 4.30pm
- People can self refer or be referred by another agency
- Wheelchair accessible
- Interpreter/signer available by arrangement
- Written Information in 14 other languages

Fax: 0141 553 2405

6. Homelessness

GAMH Active Outreach Team and Homeless Support Team

21 MacPhail Street, Bridgeton, Glasgow, G40 1DN

0141 554 6200

activeoutreach@gamh.org.uk

www.gamh.org.uk

Active Outreach: Provides practical, social and emotional support to people with severe and enduring mental health problems. Aimed at people who often find it difficult to maintain contact with existing services. Assists people to access support services and benefit entitlement.etc. Provides a home based outreach service. Open/Self-referral system

Homeless Support: To provide emotional, social and practical support to adults who have severe mental health problems and are homeless. Assists people to get additional and appropriate support and provides advice, support and information on Health, Housing, Income and Advocacy. Open/self-referral system

Hamish Allan Centre

180 Centre Street, Glasgow, G5 8EE
0800 838 502

Glasgow City Council

Assessment of entitlement to housing for people who are homeless or threatened with homelessness. Housing provided for people considered in priority need of housing. Temporary accommodation may be available while eligibility enquiries made. Open 24 hours a day all year round. General housing advice and information available from 30 local housing offices. Emergency out of hours phone 0800 838 502.

7. Addiction Services**Al-Anon**

22 Mansfield Street, Glasgow, G11
0141 339 8884

enquiries@al.anon.org.uk

www.al-anon.org.uk

Are you concerned about someone else's drinking? Al-Anon Family Groups offer understanding to anyone whose life is, or has been, deeply affected by someone else's drinking.

Community Addictions Teams**CAT - North West**

The Quadrangle, 59 Ruchill Street, Maryhill, Glasgow, G20 9PY
0141 287 6220

CAT - West

7 - 19 Hecla Square, Drumchapel, Glasgow, G15 8NH
0141 276 4330

CAT - West Dunbartonshire

6 Millar Street, Clydebank, G81 1UQ
0141 562 2311

Drumchapel Alcohol Support Service

Kinfauns Centre, 436 Kinfauns Drive, Glasgow, G15 7NE
0141 944 8243
www.drumchapel.org.uk/dassdass@thegca.org.uk

Alcohol support service

Glasgow Council on Alcohol

0141 353 1800
www.thegca.org.uk

A free, confidential service offering advice, support, information, and counselling to people with alcohol problems, their families and carers. Provides community based education also.

Glasgow Drug Problem Service

Woodside Health Centre, Barr Street, Glasgow, G20 7LR
0141 531 9254

The service can be accessed through a doctor, The Homeless Addiction Team or the Glasgow Drug Court. It runs clinics in health centres across the city and the Greater Glasgow area. It offers support based on methadone and health care.

8. Anger Management

Alternatives to Violence Project

01505 842 380

A group who currently provide a type of structured intense anger management / violence reduction service to groups of people in Glasgow and the UK. Run by volunteers: £5 approx for unwaged; more for those in full-time employment.

Contact Martin Mansell on 01505 842380.

British Association of Anger Management

0845 130 0286

www.angermanage.co.uk

General Information and links to private therapists.

The Tom Allen Centre

23 Elmbank Street, Glasgow, G2 4TB

0141 211 1535

www.crossreach.org.uk

General counselling service. Donations requested. Self, GP, or employer referrals accepted.

Provide Anger Management service (individual and groups)

Fast-track service £40.00 per session (no waiting list)

Self-referral

9. Social Work, Family and Children's Services

Drumchapel Law And Money Advice Centre

Unit 28, 42 Dalsetter Avenue, Glasgow, G15 8TE

0141 944 0507

www.dlmac.co.uk

Law & money advice, welfare rights and representation in Drumchapel and West Area; citizen advocacy for vulnerable adults, children and young people

Drumchapel LIFE

Unit 8, KCEDG Commercial Centre, Ladyloan Place, Glasgow , G15 8LB
0141 944 6004

Health and Lifestyle projects and activities

Drumchapel Women's Aid

74 Ledmore Drivem, Drumchapel, Glasgow, G15 7AQ
0141 944 0201

Abused women (and children) fleeing violence

Emergency Social Work Services Standby Line

0800 811 505

For people experiencing an emergency out with normal office hours.

Parents and Children Together (PACT) Teams

The Jeely Nursery, Community Centre, Castlemilk Drive, Glasgow, G45 9UG
0141 634 4077

City-wide initiative with joint health and social work input. Short-term, goal orientated work with children and families (must have at least one child in the 0-5 age range). Focusing on the parenting aspect the problem. Work with families where the mother is currently preganant and requires additional supprt. Also developing parenting classes (triple P) and other links.

Also teams in Pollok, Govan - call 0141-638-8069

Social Work Area Team - Anniesland

1660/70 Great Western Road, Anniesland, G13
08453 303848

Social Work Area Team - Drumchapel

Mercat House, 31 Hecla Square, Drumchapel, G15
0141 274 4300

Areas Covered:

Drumchapel, Knightswood, Anniesland, Temple, Jordanhill, Scotstoun, Whiteinch and Yoker

Social Work Area Team - Maryhill

The Quadrangle, 59 Ruchill Street, Unit 8B, Maryhill, G20
0141 287 6300

Social Work Area Team - Partick

35 Church Street, Partick, G11
0141 276 3100

Areas Covered:

Partick, Maryhill, Dowanhill, Kelvinside, Broomhill, Summerston, Yorkhill, Anderston, Garnethill, Cowcaddens and Hyndland.

10. Carers Services

Carers Scotland

91 Mitchell Street, Glasgow , G1 3LN
0141 221 9141

www.carerscotland.org

Carers support, campaigning

NHS Carers Helpline

0808 808 7777

www.carers.gov.uk

Help and advice to carers. The NHS helpline will also be able to tell people what financial help is available, details of carers' groups in their area, and contact points for national organisations that help carers throughout Scotland

11. Sleep Information

The British Sleep Society

www.sleeping.org.uk

Membership organisation offering advice, information and support to members

Scottish National Sleep Centre

0131 242 3875

This Centre is dedicated to the diagnosis and treatment of sleep disorders, and to the scientific investigation of the causes and consequences of sleep-related problems.

GP Referral only

12. Other Services

Citizens Advice Bureaux - Drumchapel

49 Dunkenny Square, Drumchapel, G15 8NE

0141 994 2612

Citizens Advice Bureaux - Glasgow Central

3rd Floor, 48 Albion Street, Glasgow, G1 1LH

0141 552 5556

Referral: self-referral or referral through G.P./other health or social care professional

Glasgow West Regeneration Agency

This is the Local Regeneration Agency for the West and Central areas of Glasgow. This area stretches from Drumchapel and Yoker in the West to Townhead and Cowcaddens in the Central area and many of the smaller communities in between. Opportunities are dedicated to ensuring that local residents in the most disadvantaged communities in Glasgow have localised support, through the provision of training, employment placement and support, employer liaison and business start up to aid individuals, organisations and businesses to achieve their full potential.

The Open Gate,
44 Hecla Square,
Drumchapel,
Glasgow,
G15 8NH

Tel: 0141 949 4949

Freephone: 0800 027 5661

Fax: 0141 944 5251

Email: info@glasgowwest.org.uk

Gamblers Anonymous

08700 50 88 80

www.gamblersanonymous.org.uk

Provides help and support to those experiencing problems with gambling.

National Debtline

0808 808 4000

www.nationaldebtline.co.uk

Information and advice for people with money problems. Provides self-help information and a range of fact sheets.

Victim Support Glasgow

131-141 Saltmarket

Glasgow, G1 5LF

0141 553 2415

www.victimsupport.org

Practical and emotional support/ all categories of crime

Victims of crime~ living in fear of crime