

## Here is a list of numbers and websites you may find useful

Things are changing frequently; keep up to date with guidance and information at:

[www.dundee.gov.uk/coronavirus-covid-19](http://www.dundee.gov.uk/coronavirus-covid-19)

<https://www.nhs24.scot/>

<https://www.gov.scot/coronavirus-covid-19/>

**This is a stressful time for us all, there is lots of help and support available: -**

### HELPLINES

Breathing Space 0800 83857 (Mon – Thurs 6pm – 2am, Fri 6pm – 6am)

Samaritans – 116 123 (24/7)

Saneline – 0300 304 7000

Combat Stress – 0800 138 1619 text 07537404719(24/7)

SHOUT – 85258 (Text messaging service)

### APPS & WEBSITES FOR MENTAL HEALTH AND WELLBEING

Wellbeing Scotland <https://wellbeingScotland.org/>

Mood Juice <http://www.moodjuice.scot.nhs.uk/>

Breathing Space <http://breathingspacecotland.co.uk>

Suicide Prevention (Choose life) [www.suicide-prevention.org.uk](http://www.suicide-prevention.org.uk)

Steps for Stress [www.stepsforstress.org](http://www.stepsforstress.org)

Cool2talk (interactive website providing anonymous free health information for young people in Tayside)  
[www.cool2talk.org](http://www.cool2talk.org)

NHS Inform [www.nhsinform.co.uk](http://www.nhsinform.co.uk)

Scotland's Mental Health First [www.smhfa.com](http://www.smhfa.com)

MindSET [www.taysidemindset.org.uk](http://www.taysidemindset.org.uk)

Parent Line Scotland [www.children1st.org.uk/help-for-families/parentlinescotland](http://www.children1st.org.uk/help-for-families/parentlinescotland)

LGBT Helpline Scotland [helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)

LGBT Youth Scotland [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

## Employment Matter's

If you are needing support with a employment matter, UNISON is here to help, there is lots of useful guidance and information available: -

<https://unison-scotland.org/>

<http://www.stuc.org.uk/>

We are also doing our best to keep our own branch facebook page updated:

<https://www.facebook.com/DundeeCityUnison/>

The branch email is [office@dundeecityunison.org.uk](mailto:office@dundeecityunison.org.uk), Phone number 01382 224948

UNISON has long had our own dedicated welfare charity – There for You – providing support for members facing financial and emotional difficulties. They are still operating during the crisis,

<https://www.unison.org.uk/get-help/services-support/there-for-you/>

Speak to our Branch Welfare Office Roz Ronan on 07788289024 or email

[welfare@dundeecityunison.org.uk](mailto:welfare@dundeecityunison.org.uk) or [roz.ronan@dundeecity.gov.uk](mailto:roz.ronan@dundeecity.gov.uk)

### Advice about benefits

Citizens Advice [Citizens Advice Scotland](#)

Universal Credit <https://www.gov.uk/apply-universal-credit> - 0800 328 5644

Dundee City Council <https://www.dundeecity.gov.uk/> 01382 431205

Dundee Money Action: 01382 431180

Shelter Scotland [https://scotland.shelter.org.uk/get\\_advice](https://scotland.shelter.org.uk/get_advice)

Scottish Welfare Fund Crisis and Community Care Grants - 01382 431188, Telephone lines are open Monday to Friday 9:30am to 4:30pm 431188.

### Local Support

#### There is lots of local support out there

Covid 19 Dundee Blether Line: 01382 413076

Dundee Thegither – 01382 413072 - emergency delivery service for vulnerable people who are self isolating

Dundee Foodbank: 01382 690540

Dundee Food Train – 01382 810944 ([Dundee@thefoodtrain.co.uk](mailto:Dundee@thefoodtrain.co.uk))

Lochee Community Larder: 01382 936191

Taught by Muhammad Foodbank : 01382 226691 or 07871040642

Dundee Money Action: 01382 431180

Dial-OP & GO is a free outreach telephone service that aims to provide reassurance and connectivity to people who are vulnerable and/ or isolated - for information about which local services are available and how to access these you can call them on 01382 305757 or [dialop@dvva.scot](mailto:dialop@dvva.scot) Monday-Friday 10am – 4pm

Dundee Womens Aid – 01382 207099 – This support line remains open Monday to Friday 9.30am - 12.30pm 1.30pm - 4.30pm. If you need support out with these times please call the national domestic abuse helpline 0800 027 1234 or if you are in immediate danger please call 999

Feeling Strong – Dundee Youth Mental Health Charity - If you are struggling with self-isolation or can't access services? Feeling Strong has changed its service to a Video Chat service to make sure that you can still get the support you need. Details can be found on their facebook page <https://www.facebook.com/FeelingStrongUK/>