

## **Scotland**

Lothian Gay & Lesbian 0131 556 4049

<https://findahelpline.com/gb-sct>

### **Breathing Space Scotland**

Call: (080) 083-8587

[Online Chat](#)

Breathing Space Scotland offers free, compassionate and confidential support over phone and online chat. We support adults, youth in Scotland who may need emotional support with anxiety, bullying, depression, loneliness, relationships, self-harm, stress, suicide, supporting a friend or family member, trauma & PTSD.

### **Parentline (Scotland)**

Call: 0800 028 2233

[Online Chat](#)

Parentline (Scotland) offers free and confidential support over phone and online chat. We exist to help everyone in Scotland who may be experiencing emotional distress related to abuse & domestic violence, anxiety, bullying, depression, eating & body image, family issues, gambling, gender & sexual identity, grief & loss, loneliness, parenting, pregnancy & abortion, relationships, school or work issues, self-harm, sexual abuse, stress, substance use, suicide, supporting a friend or family member, trauma & PTSD.

### **LGBT Helpline Scotland**

Call: 0300 123 2523

[Online Chat](#)

LGBT Helpline Scotland offers free and confidential support over phone and online chat. We are here to help the LGBTQ+ community in Scotland who may require support with abuse & domestic violence, anxiety, depression, gender & sexual identity, loneliness, relationships, self-harm, stress, suicide, trauma & PTSD.

### **Scottish Families Affected by Alcohol and Drugs**

Call: 0800 0101 011

[Online Chat](#)

Scottish Families Affected by Alcohol and Drugs is dedicated to providing free and confidential support and information by phone and online chat. We are here for adults in Scotland who may need emotional support with anxiety, depression, family issues, grief & loss, loneliness, parenting, stress,

substance use, suicide.

### **[SAMH](#)**

Call: 0344 800 0550

About SAMH

Whether you're seeking support, looking for more information for you or someone you love, or just want to have chat about mental health, we're here.

### **[Scotland's Domestic Abuse and Forced Marriage Helpline](#)**

Call: 0800 027 1234

#### **[Online Chat](#)**

Scotland's Domestic Abuse and Forced Marriage Helpline offers 24/7, free and confidential support by phone and online chat. We exist to help everyone in Scotland who may be looking for support with abuse & domestic violence.

### **[Rape Crisis Scotland National Helpline](#)**

Text: 07537 410 027

Call: 0808 801 03 02

#### **[Online Chat](#)**

Rape Crisis Scotland National Helpline offers confidential short-term, crisis and initial support by phone, email and text. Our phone and email support is free and texts will be charged at your normal network rate.

### **[Beat Helpline](#)**

Call: 0808 801 0432

#### **[Online Chat](#)**

Beat Helpline offers free and confidential support over phone and online chat. We exist to help everyone in Scotland who may be struggling or looking for support with eating & body image.

### **[Lone Parent Helpline](#)**

Call: 0808 801 0323

#### **[Online Chat](#)**

Lone Parent Helpline offers free, compassionate and confidential support over phone and online chat. We exist to help people in Scotland who may be experiencing emotional distress related to family issues, parenting.

### [SAFENET Refuge Live Chat](#)

Call: 0300 3033

#### [Online Chat](#)

SAFENET Refuge Live Chat provides free and confidential support and information by phone and online chat. We are here for adults, women, men in Scotland who may be struggling or looking for support with abuse & domestic violence, gambling, sexual abuse.

### [Chest Heart and Stroke Scotland Advice Line](#)

Text: 66777

Call: 0808 801 0899

Chest Heart and Stroke Scotland Advice Line provides free and confidential support over phone and text message (SMS). We exist to help adults in Scotland who may be experiencing emotional distress related to physical illness.

### [Epilepsy Scotland Helpline](#)

Call: 0808 800 2200

Epilepsy Scotland Helpline provides free and confidential support and information over phone. We are here for everyone in Scotland who may be experiencing epilepsy.

Whether you have just been diagnosed, have specific questions about epilepsy, or just need to talk, we are here to help. When you phone our confidential helpline, you will be guaranteed a friendly welcome. We can offer a safe and non-judgmental space for anyone who wants to talk. There is no time limit on a call, so you can talk to us for as long as you need to.

We can also provide information about a wide variety of epilepsy topics to anyone affected by epilepsy, their families, carers, friends, colleagues, as well as professionals. We can signpost to other agencies or health professionals, if this is appropriate, to ensure you get the help and support you are looking for.

### [Abortion Recovery Care Helpline](#)

Call: 0345 603 8501

Abortion Recovery Care Helpline provides free, compassionate and confidential support by phone. We exist to help women, men in Scotland who may be experiencing emotional distress related to pregnancy & abortion.

### [AMIS Helpline](#)

Call: 03300 949 395

AMIS Helpline is dedicated to providing free and confidential support and information by phone. We

support men in Scotland who may be experiencing emotional distress related to abuse & domestic violence.

**[Rape and Sexual Abuse Counselling Centre \(RASCC\) Helpline](#)**

Call: 0300 222 5730

Rape and Sexual Abuse Counselling Centre (RASCC) Helpline offers free and confidential support by phone. We help women, men in Scotland who may be looking for support with abuse & domestic violence, sexual abuse.

**[Pregnancy Loss Helpline](#)**

Call: 01924 200799

Pregnancy Loss Helpline is dedicated to providing free and confidential support and information by phone. We exist to help people in Scotland who may need emotional support with grief & loss, pregnancy & abortion.

**[Cruse Scotland Helpline](#)**

Call: 0808 802 6161

Cruse Scotland Helpline is dedicated to providing free and confidential support over phone. We support everyone, adults, youth, the LGBTQ+ community, seniors in Scotland who may be looking for support with grief & loss.

**[The Spark Relationship Helpline](#)**

Call: 0808 802 2088