

SANDYFORD

Supportive Organisations

sandyfordlib@ggc.scot.nhs.uk
www.sandyford.org



Addictions

Alcoholics Anonymous

0845 769 7555 www.aa-gb.org.uk

Addaction Scotland

www.addaction.org.uk

Frank (National Drugs Helpline)

0800 776600 www.talktofrank.com

NHS Free Smoking Helpline

0800 0224332 www.smokefree.nhs.uk

Beat (Beating Eating Disorders)

0845 634 1414 www.b-eat.co.uk

National Self Harm Network

0800 622 6000 www.nshn.co.uk

Glasgow Council on Alcohol

0141 353 1800 www.thegca.org.uk

Sexual Addiction- sexual addiction recovery

www.saScotland.org.uk

Emotional Health

Tom Allan Centre

0141 221 1535 www.tom-allan.org.uk

The Wynd Centre

0141 561 1171 www.thewynd.org.uk

Breathing Space (Support for men aged 12-40) 0800 83 85 87

www.breathingspacescotland.co.uk

Depression Alliance Scotland

0845 123 23 20 www.dascot.org

Samaritans Scotland

0141 248 4488 08457 909090

www.samaritans.org

British Association for Counselling

01455 883300 www.bacp.co.uk

Person Centred Therapy

0870 7650871 www.pctscotland.co.uk

Garnethill Centre (Counselling & Psychotherapy Services)

0141 333 0730 www.garnethillcentre.org.uk

Family & Relationships

Scottish Marriage Care 0845 271 2711

www.scottishmarriagecare.org

Relate – the Relationship people

0300 100 1234 www.relate.org.uk

Relationships Scotland

Counselling, mediation & family support

0845 119 2020

www.relationships-scotland.org.uk

Childline

0800 1111 www.childline.org.uk

Parentline Scotland

0808 800 2222 www.children1st.org.uk

Parenting Across Scotland

0808 800 2222

www.parentingacrossscotland.org

San Jai Chinese Project

0141 332 3978

Hamish Allan Centre

Provides emergency accommodation for homeless people 0800 838 502

Glasgow Simon Community

0141 418 6980 www.glasgowsimon.org

Sexuality

Strathclyde Lesbian & Gay Switchboard

0141 847 0447 www.sqsl.co.uk

Parents Enquiry Scotland

Parents & families of lesbian, gay, bisexual & transgender people 0131 556 6047

www.parentsenquiryscotland.org

Body Positive

Provides support to HIV+ people & their families 01472 358886

e-voice.org.uk/bodypositive

Terence Higgins Trust (Leading HIV & AIDS charity) www.tht.org.uk

Sexuality (cont'd)

Sexual Advice Association

020 7486 7262 www.sda.uk.net

Sexwise

Provides information & advice for young people 0800 282 930 (Helpline)

Violence and abuse

Breakthrough for Women

0141 276 3981

Glasgow Women's Aid 0141 553 2022

www.glasgowwomensaid.org.uk

Hemat Gryffe Women's Aid

0141 353 0859 www.hematgryffe.org.uk

Women's Support Project

0141 552 2221

www.womenssupportproject.co.uk

Rape Crisis

0141 552 3200 08088 010302

www.rapecrisiscentre-glasgow.co.uk

SAY women

0141 552 5803 www.say-women.co.uk

Scottish Domestic Abuse Helpline

0800 027 1234 www.domesticabuse.co.uk

Victim Support

0845 603 9213 www.victimsupportsco.or.uk

One in Four

020 8697 2112 www.oneinfour.org.uk

Children 1st

0131 446 2300 www.children1st.org.uk

Children & Families Service Glasgow

0141 418 5690

Email Glasgowproject@children1st.org.uk

Childwatch

01482325 552 www.childwatch.org.uk

Family Matters

01474 537392 www.familymattersuk.org

Women's Issues

Infertility Network

0800 0087464 www.infertilitynetworkuk.com

Association for Post Natal Depression

0207 386 0868 www.apni.org

Bluebell @ Parentline Scotland

Post Natal Depression Helpline

0800 3457457 www.bluebellday.org.uk

Meet a Mum

www.netmums.com

National Childbirth Trust

0300 3300772

www.nctpregnancyandbabycare.com

Daisy Network (Premature menopause support group)

www.daisynetwork.org.uk

Menopause Matters

www.menopausematters.co.uk

Verity (Polycystic ovary syndrome self help group)

National Association for Premenstrual Syndrome

08448 157311 www.pms.org.uk

Bereavement

Cruse Bereavement Care Scotland

0845 6002227 www.crusescotland.org.uk

Scottish Care & Information on Miscarriage (SCIM) 0141 552 5070

www.miscarriagesupport.org.uk

Stillbirth & Neonatal Death Society

(SANDS) 020 7436 5881

www.uk-sands.org

Sandyford Library & Information Services

The library is available to anyone and provides books, DVDs, leaflets and journals.

Inter library lending facilities are also available between Sandyford, Glasgow Life Libraries and other NHS libraries.

We have public access computers which provide free internet access. Also online health and wellbeing information with a focus on the Glasgow area at

www.glasgowhealthhub.org.uk

Phone 0141 211 6717

