

Man Chat
manchatabz@gmail.com Facebook - @manchatabz
 Aberdeen community based project supporting men (and women) that suffer suicidal thoughts or poor mental health

Pillar Kincardine 01569 767222
www.pillarkincardine.org
 A local Mental Health organisation promoting better wellbeing for those who face mental health challenges: building confidence, learning new skills, connecting with others and establishing meaningful community connections

Samaritans (24hrs, 365 days) 116 123
www.samaritans.org
 Whatever you're going through a samaritan will face it with you.

SAMH – My Life Dynamic 0300 1234 677
www.mylifedynamic.org.uk
 Supporting people with mental health problems and those with autism to strengthen their self-resilience

Community Wellbeing

Live Life Aberdeenshire
www.livelifeberdeenshire.org.uk
 Libraries (including computer access), Culture, Sports Facilities, Walking Groups
 Live Life Well - supporting you to take steps to improve your health and wellbeing
 Live Life at Home – virtual creativity and activity, including exercise videos, make & create videos and discovery centre

Men's Shed Stonehaven & District 01569 785617
www.stonehavenmensshed.co.uk
Portlethen & District
www.portlethenmensshed.co.uk

The Haven 07473 388198
www.thehaven.co.uk
 A 'not for profit' wellbeing space

Money Matters

Christians Against Poverty (CAP) 0800 328 0006
www.capuk.org
 Support if you're struggling with debt or unemployment

Kincardine and Mearns Citizens Advice Bureau (KAMCAB)
www.kamcab.org.uk 01569 766578 or 0800 028 1032

Grampian Credit Union 01224 561506
www.grampiancreditunion.co.uk

SMART Money 01224 561506
www.grampianhousing.co.uk
 Money advice project

The Pension Advisory Service 0800 011 3797
www.pensionsadvisoryservice.org.uk

Transport to Health Care 01467 536111
www.thinc-hub.org
 Travel advice to health or social care appointments

Literacy Support, ESOL & Numeracy

Community Learning and Development Teams at:- Laurencekirk, Stonehaven and Portlethen.
 Email: cld@aberdeenshire.gov.uk

Emergency Contact Information

Police Scotland
 To report crime and other concerns 101
 For all emergencies 999

Scottish Fire and Rescue
 Free home safety visits 0800 0731 999
 Or text 'fire' to 80800

NHS 24 111
 Urgent care advice day or night and health and dental support when your GP practice or dentist is closed.

Dental Information & Advice Line 0345 4565 990
Aberdeenshire Council general enquires 0345 608 1208
Scottish Hydro emergency helpline 0800 300 999
 (24hrs) pay-as-you-go 0800 980 0415

National Gas Helpline 0800 111 999
 To report a gas or carbon monoxide emergency

Electricity Emergency Helpline
 For power cuts 105
 For power line emergencies 0800 40 40 90

Scottish Water Freephone (24hrs) 0800 077 8778

Aberdeenshire Community Planning Partnership
www.ouraberdeenshire.org.uk
 Working together for the best quality of life for everyone in Aberdeenshire

www.aliss.org
 ALISS (A Local Information System for Scotland) is a service to help you find help and support close to you when you need it.

Who, Where & How
 to get in touch with someone
 who can help **You**
Kincardine and Mearns Area



Who, Where & How to get in touch with someone who can help You

Alcohol & Drugs

Aberdeenshire Council Community Substance Misuse Service 0345 608 1200

Alcohol & Drugs Action 01224 594700
www.alcoholanddrugsaction.org.uk Freephone
0333 3 448 355

Alcoholics Anonymous 0800 9177 650
www.alcoholics-anonymous.org.uk

Narcotics Anonymous 0300 999 1212
www.ukna.org

Domestic Abuse

Grampian Women's Aid 01224 593381
www.grampian-womens-aid.com

Scottish Domestic Abuse & Forced Marriage Helpline
www.sdafmh.org.uk 0800 027 1234 (24hrs)

Victim Support 01224 622478
www.victimsupport.scot 0800 160 1985

Employment

Employment Support Team 01467 534867
www.aberdeenshire.gov.uk/jobs-and-careers
For anyone seeking employment

Fair Start Scotland 0800 049 7061
www.startscotland.scot
Employment support to help you get ready for work and achieve your potential

Skills Development Scotland 01467 623623
www.skillsdevelopmentscotland.co.uk 0800 917 8000

Children

Children & Families Team Offices:
Family Resource Centres:
Stonehaven & Portlethen: 01467 537111
Worried about a child or young person who may be at risk or being abused 01467 537111 (9am-5pm).
Out of hours support 03456 08 12 06.
In an emergency phone 999 for police assistance.

Childline 0800 1111
www.childline.org.uk
Direct support to children

Parent Club (Scotland)
www.parentclub.scot
Online advice & guidance for parents and carers

Homestart Kincardine 01569 767773
www.homestartkincardine.org
Support for families with young children

Relationships

Avenue 01224 587571
www.avenue-info.com
Mediation, counselling and child contact

Relationship Scotland 0345 119 2020
www.relationships-scotland.org.uk
Relationship Counselling, family mediation and child contact

The SPARK 0808 802 2088
www.thespark.org.uk
Counselling and relationship support

Older Adults

Aberdeenshire Council Social Care Service
(including Out of Hours Service) 0345 6081206

Alzheimer Scotland 0808 808 3000
www.alzscot.org Free phone dementia helpline

Kincardine & Deeside Befriending 01569 765714
www.kdbefriending.org.uk
Reducing social isolation and loneliness in older people

Mearns & Coastal Healthy Living Network 01561 378130
www.mchln.org.uk
Health & wellbeing of older people

The Silver Line 0800 4 70 80 90
www.thesilverline.org.uk
Helpline for older people

Carers Support

Quarriers Carers Services 01467 538700
www.quarriers.org.uk
Adult & young carers advice and support

Access to Food

For information on community larders, pantries & foodbanks in your area see insert or below website
www.kandmcommunities.com/local-resources

Fuel Poverty

Home Energy Scotland Advice Line 0800 808 2282
www.homeenergyscotland.org

Housing & Homelessness

Aberdeen Foyer (Stonehaven) 01569 764695
www.aberdeenshire.gov.uk/foyer

Aberdeenshire Care & Repair 01467 534753
www.aberdeenshire.gov.uk/careandrepair

Aberdeenshire Council Housing & Homelessness Team
0345 608 1203

Houseability 01779 490908
www.houseability.org.uk
Information and advice for people with a disability or health condition

Mental Health

Aberdeenshire 1st Response 0800 135 7950
www.penumbra.org.uk/aberdeenshire1stresponse
(Mon – Fri, 9pm-5pm) (Penumbra)
short-term support when at crisis point

Aberdeenshire Council Support and Advice Team
www.aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/community-care-services/
0345 6081206

Advocacy North East 01467 651604
www.advocacyne.org.uk
Support for anyone over 16 who is experiencing mental illness or disorder.

Breathing Space 0800 838 587
www.breathingspace.scot
(Mon – Thur 6pm – 2am & Fri – Mon 6pm – 6am)
Phoneline for anyone over 16, feeling low, anxious or depressed