

# Helplines

**If you are in mental health crisis, call NHS 24 on 111**

## **Bipolar Scotland**

Runs support groups and provides information on living with bipolar

<https://bipolarscotland.org.uk/>

## **Samaritans**

Open 24/7

Phone: 116 123

<https://www.samaritans.org/scotland/how-we-can-help/contact-samaritan/>

## **Breathing Space**

Opening hours:

Weekdays: Monday-Thursday 6pm to 2am

Weekend: Friday 6pm-Monday 6am

Phone: 0800 83 85 87

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

## **SANEline**

Opening hours: 4pm to 10pm

Phone: 0300 304 7000.

<https://www.sane.org.uk/how-we-help/emotional-support/saneline-services>

## **National Suicide Prevention Helpline UK**

Opening hours: 6pm to Midnight

Phone: 0800 689 5652

<https://www.spuk.org.uk/national-suicide-prevention-helpline-uk/>

## **Shout**

(offers support via text message)

Opening hours: 24/7

Text: 85258

<https://giveusashout.org/>

## **Switchboard**

(support for people who identify as LGBT+)

Opening hours:

Phone 10am to 10pm

Webchat 1.30pm to 10pm

Phone: 0300 330 0630

Email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)

<https://switchboard.lgbt/>