

Mental Health Resources

Immediate Mental Health Support

- Breathing Space – Tel: 0800 83 85 87, www.breathingspacescotland.co.uk
- Samaritans – Tel: 116 123, www.samaritans.org.uk
- SANE – SANEline: 0300 304 7000, www.sane.org.uk/support
- Mind – Tel: 0300 123 3393, www.mind.org.uk

Men's Mental Health

- CALM – Tel: 0800 58 58 58, www.thecalmzone.net
- Men's Health Forum – www.menshealthforum.org.uk

Addiction Services (Ayrshire)

- Ayrshire Council on Alcohol – 01292 281 238
- We Are With You – 01292 430 529
- Harbour Ayrshire – 01292 623 016
- START (NHS Addictions) – 01292 559 800

Neurodevelopmental Support

- NEST (NHS) – www.nest.scot

Baby Loss / Miscarriage

- Ayrshire Baby Loss Support – 01563 825 402

Bereavement Support

- Hope Wellbeing Centre – 07547 697 510
- Cruse Scotland – 0808 802 6161

Cancer Support

- Ayrshire Cancer Support – 0800 254 5580

Debt & Benefits

- SAC Information & Advice Hub – 0300 123 0900, 1 Mainholm Road, Ayr

Domestic Abuse

- South Ayrshire Women's Aid – 01292 266 482
- Domestic Abuse & Forced Marriage Helpline – 0800 027 1234
- Respect – www.respect.org.uk

Gambling Support

- Gamblers Anonymous Scotland – 0370 050 8881

Counselling / Listening Services

- Hope Wellbeing Centre – 07984 885 345

Sexual Trauma Support

- Moving On Ayrshire – 01292 290 546

Youth Mental Health (up to age 25)

- Megan's Space – www.megansspace.com

