

NEED HELP NOW?

If your life is at imminent risk, please call the emergency services on 999

Samaritans

24 hour helpline

Helpline: 116 123

Web: www.samaritans.org

Open: 24/7

Breathing Space

24 hour helpline

Helpline: 0800 838587

Web: breathingspace.scot

Open: 24/7

Shout 85258

A free, confidential, anonymous text service, providing immediate support for people who are struggling to cope

Text: SHOUT to 85258 *

Web: giveusashout.org

Email: info@giveusashout.org

Open: 24/7

Police Scotland

Helpline: 101 – non-emergency

999 – emergency

Open: 24/7

NHS 24

Helpline: 111

Open: 24/7

YOUNG PEOPLE

Shout 85258 – Young Minds

Immediate support for young people in a crisis - a confidential, anonymous text service.

Text: YM to 85258 *

Web: youngminds.org.uk

Email: info@giveusashout.org

Open: 24/7

Childline

Support for young people, whatever your worry - helping you make decisions that are right for you. Sign up to access messageboards and email support.

Helpline: 0800 1111

Web: childline.org.uk

Open: 24/7

HopeLineUK

For children and young people under the age of 35 who are experiencing thoughts of suicide, and for anyone concerned that a young person could be thinking about suicide

Helpline: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Open: 9am– midnight every day

*

Texts free on these networks: EE, O2, Three and Vodafone including BT Mobile, Tesco Mobile, Virgin Mobile, iD Mobile, Sky, Telecom Plus, Lebara and GiffGaff

SUPPORT IN ORKNEY

Adult Social Work Team

Advice about a range of issues or other organisations which may be able to help; social work skills to help people and their carers make essential changes to their lifestyles; referrals where an adult may be at risk of harm.

Address: Orkney Islands Council, Patterson Kirk,
School Place
Phone: 01856 873535
(ask for Adult Social Work Team)
Open: Mon-Fri 9am-1pm for enquiries
Mon-Fri 1pm-5pm for emergencies

Orkney Citizens Advice Bureau

Free and confidential advice, information, advocacy, and representation.

Address: Anchor Buildings, 6 Bridge Street
Kirkwall KW15 1HR
Phone: 01856 875266
Email: bureau@orkneycab.casonline.org.uk
Web: orkneycommunities.co.uk/cab
Open: by appointment only - call or email first

Relationships Scotland Orkney

Support for families and parenting, mental health, wellbeing and mediation. A Child Contact Centre where parents can meet children they no longer live with.

Phone: 01856 877750
Email: enquiries@rsorkney.org.uk
Web: rsorkney.org.uk
Open: Mon-Fri 9am-5pm

Orkney Health and Care (OHAC)

Adult social care, support and protection, child protection, mental health services.

Phone: 01856 873535 (Mon-Fri 9am-5pm)
01856 888000 (any other time)

Orkney Foodbank

Get help to find a referral agency so you can get a voucher for emergency food parcels – for the whole of Orkney including the north and south isles.

Address: Dunkirk, Shore Street
Kirkwall KW15 1LG
Phone: 07719 293 378
Email: info@orkney.foodbank.org.uk
Web: orkney.foodbank.org.uk

THAW Orkney

Support if you are finding it difficult to heat your home, struggling with debt or are looking for assistance with energy efficiency.

Address: 2 West Tankerness Lane, Kirkwall
Orkney KW15 1AL
Phone: 01856878388
Email: info@thaworkney.co.uk
Web: thaworkney.co.uk
Open: Mon-Fri: 9am-5pm

Orkney Charitable Trust

For people under 25 living in Orkney - financial help in times of ill health, disability, hardship or disadvantage.

Email: info@octrust.org.uk
Phone: 07795 574 116
Web: octrust.org.uk

Orkney Blide Trust

Promoting mental well-being in Orkney through active personalised support with a focus on recovery.

Address: 54 Victoria Street, Kirkwall
Orkney KW15 1DN
Phone: 07840 198 022 (Mon-Fri 9am-5pm)
Text: 07840 198 022
Email: admin@blidetrust.org

Home-Start Orkney

Support for families with at least one child under five years of age.

Address: 7 Main Street, Kirkwall
Orkney KW15 1BU
Phone: 01856 870770
Email: postmaster@homestartorkney.org.uk
Open: Mon-Fri 9am-5pm

Orkney Young Carers

Support for young people who help look after someone at home who is ill, disabled or has a problem with alcohol or drugs.

Address: Kirkwall Travel Centre,
West Castle Street, Kirkwall
Orkney KW15 1GU
Phone: 01856 870500
Email: youngcarers@crossroadsorkney.co.uk
Web: orkneyyoungcarers.co.uk
Facebook: facebook.com/orkneyyoung.carers

Making ends meet – sources of support

Orkney YPeople

Offering a safe and welcoming environment and support for young people aged 16 – 25 who are experiencing homelessness.

Address: Glaitness Farmhouse, Glaitness Road
Kirkwall KW15 1TN
Phone: 01856 879958
Email: orkney@ypeople.org.uk
Facebook: facebook.com/YpeopleOrkney
Web: ypeople.org.uk/where-we-work/orkney

Y-talk Youth Counsellor

Orkney's free and confidential youth counselling service, specialising in counselling for young people up to the age of 25. To support you through issues such as substance misuse, stress, depression, anxiety, feeling down, self-harm, not coping, feeling alone, or bullying.

Address: Glaitness Farmhouse, Glaitness Road
Kirkwall KW15 1TN
Phone: 07770019147
Email: y-talk@ypeople.org.uk

Women's Aid Orkney

Free and confidential support to women and children affected by domestic abuse.

Phone: 01856 877900
Email: info@womensaidorkney.org.uk
Web: womensaidorkney.org.uk

Orkney Rape & Sexual Assault Service

Free and confidential information and support for anyone (age 13 and over) in Orkney affected by any form of sexual violence.

Rape Crisis Scotland helpline: 08088 01 03 02
Phone: 01856 872298
Email: contact@orsas.scot
Web: orsas.scot
Open: 9am-4.30pm

Crossroads Care Orkney

Information, emotional support and practical help for carers and people they care for.

Phone: 01856 87 0500
Email: carers@crossroadsorkney.co.uk
Open: Mon-Fri: 9am-5pm

Victim Support Orkney

Emotional support, practical help and information to victims, witnesses and others affected by crime.

Phone: 01856 884547
Email: victimsupport.orkney@victimssupportsco.org.uk
Open: Monday to Thursday 10am to 2pm

Orkney Sexual Health Services

Free confidential advice, information, testing, treatment, and contraception

Address: Nordhaven Clinic, The Balfour, Foreland Road, Kirkwall
Phone: 01856 888917
Open: Monday to Friday, 9am-5pm
Young People's Drop-In Clinic on Wednesdays 3:30-5:30pm
Web: www.nordhavenclinic.co.uk
Facebook: facebook.com/nordhavenclinic

NATIONAL SUPPORT

NHS Inform

Providing people in Scotland with accurate and relevant information to help them make informed decisions about their own health and the health of the people they care for.

Web: nhsinform.scot

BigDeal

For young people to find information and support related to gambling, either for themselves or for someone they care about.

Phone: 0203 092 6964

Web chat: bigdeal.org.uk/get-help

Rape Crisis Scotland

Free and confidential support and information for anyone (13 and over) affected by sexual violence, no matter when or how it happened.

Helpline: 08088 01 03 02

Text: 07537 400702

Email: support@rapecrisisscotland.org.uk

Scottish Women's Rights Centre

Rape Crisis Scotland (with legal partners) offers a free confidential legal helpline for women affected by violence or abuse.

Helpline: 08088 010 789

Legal help: Mon 2-5pm, Tues 6-8pm, Wed 11am-2pm, Thurs 5-8pm, Fri 10am-1pm

Advocacy: Tues 11am-2pm

Email: info@scottishwomensrightscentre.org.uk

SDAFMH (Scotland's Domestic Abuse and Forced Marriage Helpline)

Helpline: 0800 027 1234

Web chat: sdafmh.org.uk

Email: helpline@sdafmh.org.uk

Open: 24/7

Alcoholics Anonymous

Helpline: 0800 9177 650

Email: help@aamail.org

Web: alcoholics-anonymous.org.uk

Scottish Families Affected by Alcohol and Drugs

Helpline: 08080 10 10 11

Email: helpline@sfad.org.uk

Web: sfad.org.uk

National Gambling Helpline

Helpline: 0808 8020 133

Web chat: www.gamcare.org.uk