



A Listening Ear and Other Supports

in Aberdeen and beyond!



This current pandemic situation is getting to everybody, so if you find you need a listening ear, or your brain is fogging up, then just maybe some of the supports listed below might help you.

In Aberdeen

Ask at your local GP Surgery for The Listening Service (CCL), it's free and confidential and being run out of GP practices in Aberdeen.

For the list of venues where CCL is available please visit:
www.nhsgrampian.org/commchaplist

CCL is also available at Aberdeen Community Health and Care Village.

To make an appointment, please speak to the main reception staff in the Health Village Square or telephone 01224 655555.

<https://twitter.com/CclNhs>



Get an appointment with a Primary Links Practitioner



They are also in every GP practice in Aberdeen and are there to listen and try and make your life easier, whatever challenges you are facing.

They have extensive networks all over Aberdeen and might be able to find something really helpful just on your doorstep!

Looking after someone and need some help and advice?

Aberdeen City Carers Support Service @ Quarriers

Tel: 01224 914036

or email: aberdeencarers@quarriers.org.uk

37, Albert Street, Aberdeen, AB25 1XU



Kindness Volunteers, a free service run by Chest Heart & Stroke Scotland for everyone

Whether you're feeling lonely and isolated or need someone to assist you with essential deliveries during self-isolation, their amazing Kindness Volunteers are ready to help you.

Tel: 0808 801 0899 <https://www.chss.org.uk/>

The NHS Psychological Resilience Hub, Aberdeen City

Our role is to offer a support mechanism for any member of staff or the public who may feel overwhelmed, upset or personally affected by the current situation. This includes Care Home staff and community support staff, and home-carers as well as any member of the public.



To access the Psychological Resilience Hub for information, go to: <http://covid19.nhsgrampian.org/>

Online

A good 'general' one if you need to talk is **Breathing Space Scotland**
freephone: 0800 83 85 87

web: <https://breathingspace.scot/how-we-can-help/need-to-talk/>



The **Clear Your Head** website from the Scottish Government is very good also and has excellent tips - <https://clearyourhead.scot/>

National Support



Age Scotland helpline

Offers information, friendship, and advice to people over 50 in Scotland, their family, and carers. Tel: 0800 12 44 222

Coronavirus Advice Scotland

Provides free, practical advice and information on the coronavirus to the citizens of Scotland.

Tel: 0808 800 9060 coronavirusadvice.scot

Carers Scotland

Provides information and support for carers or anyone looking after someone

Tel: 080 808 7777

www.carersuk.org/scotland

Condition Specific

Alzheimer Scotland

Alzheimer Scotland is Scotland's national dementia charity.

Tel: 0808 80 3000

<https://www.alzscot.org/>

Asthma UK

Offers information and advice to help people manage their daily lives with asthma.

Tel: 0300 222 5800

<https://www.asthma.org.uk/scotland>

Diabetes UK

Provides information, support and services to help people manage their diabetes.

Tel: 0345 123 2399

https://www.diabetes.org.uk/in_your_area/scotland

Disability Information Scotland

Provides information on disability information.

Tel: 0300 323 9961

<http://www.disabilityscot.org.uk>

Know the Score

Free, confidential, drug information and advice

Tel: 0333 230 9468

<https://knowthescore.info/>

Rape Crisis Scotland

Rape Crisis Scotland provides a national rape crisis helpline and email support for anyone affected by sexual violence, no matter when or how it happened.

Tel: 08088 01 03 02 or text 07537 410027

<https://www.rapecrisisscotland.org.uk/>



Scottish Families Affected by Alcohol and Drugs

Scottish Families Affected by Alcohol and Drugs is a national charity that supports anyone concerned about someone else's alcohol or drug use in Scotland

Tel: 08080 10 10 11

<https://www.sfad.org.uk/>

Scotland's 24hr Domestic Abuse and Forced Marriage

Provides confidential sensitive advice to support anyone with experience of domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them.

Tel: 0800 027 1234

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

Support in Mind Scotland

Provide information, support, and services to people affected by mental health issues

Tel: 0300 3231545

<https://www.supportinmindscotland.org.uk/>



Find out more about ACVO and the work we do as Aberdeen's third sector interface at

acvo.org.uk



Scottish Care is committed to supporting providers to ensure the health, safety and wellbeing of the individuals they support and their workforce at this difficult time.

scottishcare.org