

Looking after your Health and Wellbeing

Keep Active - Now more than ever, it's essential to keep active. Being active can enhance your mood, wellbeing and energy levels by helping to reduce stress, anxiety and depression. NHS Inform is an excellent resource for tips on health and wellbeing.

www.nhsinform.scot/healthy-living/



Mental Wellbeing - If you're finding things hard emotionally right now, you're not alone. There are lots of things you can do to benefit your wellbeing at this time.

clearyourhead.scot/



Emotional Support - Are you feeling anxious or stressed?

To find out about a range of local and national support and services to help you cope contact the [Emotional Support Service](#) via the [Caring for People Helpline](#)
Tel: **01546 605524** Mon - Fri 9am - 5pm or complete a request form online -
https://argyllandbute.custhelp.com/app/VOL/Help_Request

Having trouble keeping kids amused? -

For some useful tips visit www.parentclub.scot



Money Worries? - Are you worried about how to cope financially at the moment?

Citizens Advice Bureau give confidential & independent advice
www.abcab.org.uk Email: info@abcab.org.uk or Tel: **01546 605550** Mon - Fri
10am-1pm/2pm-4pm

Scottish Welfare Fund provides emergency **Crisis** or **Community Care** Grants:

A **Crisis Grant** can be awarded to cover:

Immediate short-term living expenses needed until their next income is due because of an emergency.

Where a person is stranded, costs for accommodation in a hostel.

Travel costs in case of an emergency.

Living expenses or items where the need has arisen due to a disaster.

A **Community Care Grant** can be used to:

Support families facing exceptional pressure.

These grants do not need to be paid back. Tel: **01546 605511**

or apply online at: www.argyll-bute.gov.uk/about-scottish-welfare-fund

If you wish to have this information produced in another format or in another language, please contact:

High-UHB.ABHealthImprovement@nhs.net

Handy Contact Information

ACHA Welfare Rights Service	Tel: 0800 028 2755 www.acha.co.uk/services-think-money	Mon - Fri 9am - 5pm (ACHA tenants only)
Argyll & Bute Women's Aid	Tel: 01369 706 636 www.argyllwomensaid.org	Mon - Fri 9am - 4.30pm
Abused Men in Scotland	Tel: 0808 800 0024 abusedmeninscotland.org/	Mon - Fri 9am - 4pm
A& B Council Homeless Advice	Tel: 01586 555 936	Mon - Fri 9am - 5pm
	Tel: 0345 056 5457	Out of hours
Breathing Space	Tel: 0800 83 85 87 breathingspace.scot/	Mon - Thu 6pm - 2am Fri 6pm - Mon 6am
CarrGomm	Tel: 0300 666 3030 www.carrgomm.org Support to manage home and prevent homelessness	
Children and Vulnerable Adults Protection	Tel: 01546 605 517 (for adults or children)	Mon - Fri 9am - 5pm
	Tel: 01631 566 491 Out of hours adults or children Tel: 01631 569712 Out of hours children only Tel: 999 in an emergency	
Childline / NSPCC	Tel: 0800 1111 www.childline.org www.nspcc.org	7 days – currently 9am – midnight
Drinkaware	www.drinkaware.co.uk	Information website
GamCare	Tel. 0808 80 20 133 www.gamcare.org.uk	24 hours National Gambling Helpline
Hey Girls	Order free period products www.surveymonkey.co.uk/r/ZDQC8JT	
Lomond and Argyll Advocacy	Tel: 01546 606056 http://laas.org.uk/ Independent advocacy to adults who use community care service	Mon - Fri 10am - 4pm
Quit Your Way	For support to stop smoking Tel: 0845 757 3077 or email high-uhb.absmokefreeservices@nhs.net www.smokefreehighland.co.uk	Mon - Fri 9am - 5pm
Rape Crisis	Tel: 0800 121 4685 rapecrisiscentre-argyll-bute.org.uk/	Mon - Fri 9am - 4pm
Samaritans	Tel: 116 123 www.samaritans.org	24 hours
SDAFMH	Scotland's Domestic Abuse and Forced Marriage Helpline 0800 027 1234 www.sdafmh.org.uk 24 hours	
'We are with you' Drug and Alcohol support	Tel: 0800 206 1460 www.wearewithyou.org.uk	Mon - Fri 10am - 4pm Mon - Fri 6pm - 9pm Sat - Sun 11am - 4pm