

DEVELOPED BY THE SCOTTISH ASSOCIATION FOR  
MENTAL HEALTH (SAMH) IN 2019



# WEST LOTHIAN COLLEGE: LOCAL SERVICES DIRECTORY





## WORDS FROM THE SAMH COLLEGE CONNECT COORDINATOR



**Email Laura Glennie, College Connect  
Coordinator for more info:  
Laura.Glennie@samh.org.uk  
OR  
Find her in the college library on  
Thursdays.**

College Connect is a pilot project from the SAMH Children and Young People's team (CYP) working in partnership with Armadale Academy and West Lothian College.

We want to enable the best possible transitions, at those times in a young person's life which can be particularly challenging and difficult. The move from school to college is one transition which can be daunting for most young people.

We will be working closely with teachers, lecturers and other support staff who support this work in school, college and the wider community. Most of all, we will be there to offer young people support at school, at college and any time in-between.

## **COVID-19 UPDATE:**



**The unpredictable challenges we are facing in light of a global outbreak of Coronavirus will be disruptive for many people. While the SAMH College Connect Coordinator is working from home, you may still contact her to receive support and guidance on many mental health and wellbeing issues. Whether this is signposting to a service which would help, offering a listening ear or sharing information on many mental health & wellbeing topics.**

**The best way to contact Laura is by email:**

**[Laura.Glennie@samh.org.uk](mailto:Laura.Glennie@samh.org.uk)**

## **GENERAL MENTAL HEALTH GUIDANCE:**

**If you are concerned about your health or the health of a friend or relative you can contact your doctor, or you may find useful information from one of the sources below.**

**In an emergency:**

- Call 999**
- Go to A & E (Accident and Emergency) at St. Johns or your local hospital**

**If you are in crisis and need to speak to someone:**

- Call NHS 111 (for when you need help but are not in immediate danger)**
- Contact your GP (doctor) and ask for an emergency appointment**
- Contact the Samaritans - 0800 1111 or [www.samaritans.org](http://www.samaritans.org), email [jo@samaritans.org](mailto:jo@samaritans.org)**
- Use the 'Shout' crisis text line – text SHOUT to 85258**

# **STUDENT SUPPORT, SUPPORT FOR LEARNING:**

## **Student Support: Support for Learning Team**

**We have many different support services on offer to ensure that you receive the best possible experience whilst studying at West Lothian College.**

**We work with students across the college in all centres, providing help with all learning issues. Students can access one-to-one support or help in small groups. There is support available for you if you have specific learning difficulties such as dyslexia, a medical difficulty, a mental health difficulty or any other support need. In order to ensure you receive the best service possible our team will meet with you to discuss what support you need and how we can help you.**

**We are here to help you with all aspects of college life and give you both practical and emotional support. We are fully committed to providing support or making referral to agencies who can help you if you have any difficulties during your studies. We believe that inclusiveness is a fundamental principle and we are committed to widening access and participation for all students.**

**We also provide support if you are at risk of withdrawing from your course. This could be due to problems in class, with other students, with lecturers or because of difficulties at home. This support can begin before you start your course to help you settle in, and can continue if you require it on a one to one basis or within class throughout the year. We know that some students may experience personal difficulties during their time at college, such as homelessness, bereavement, changes to your mental or physical health, and issues with your confidence and self-esteem. A confidential service is available, where trained and experienced staff can offer you advice and support.**

**Where appropriate and with your consent, you could be referred to an external agency for specialist support. We work with a range of support services who can provide specialist help and information. We can also work alongside your lecturers or any other worker who supports you, to ensure the best support possible is in place for you.**

**If you are struggling with any issues whilst you are at college or would just like to talk things through, please don't hesitate to get in touch by visiting us in the Street Building. We can also work with you to resolve any issues which are affecting your attendance. Please contact the team if you need to take time off for any reason.**

**We have a Chaplaincy Team and they are available to offer spiritual guidance and practical support, or to simply listen. We also offer prayer spaces for personal worship that students can make use of as required. If you would like to make use of prayer spaces for daily observances, or for more specific religious events, the college will be happy to try and accommodate your needs. Information about prayer spaces and The Chaplaincy Team is available from the Student Support Team in the Street Building.**

**If you are a carer and help out with looking after a family member, partner, friend or neighbour of any age please share this with us and we will be able to arrange the appropriate support that you will require while studying at West Lothian College. This will help us to ensure you have a positive learning experience and resolve any issues which might arise whilst you are a student.**

**If you come from a care-experienced background (you are or have been in care, looked after or are a care-leaver), we have staff who are trained to understand your needs and we can offer tailored support. We work closely with a range of groups and external organisations to provide you with support required. The agencies can offer specialist advice and support in a range of issues including mental health, drug & alcohol support, homelessness, counselling and victim support.**

**For more information on any student support services mentioned or if you would like to discuss these, please contact the student support team on the first floor of the Street Building or email [supportlearning@west-lothian.ac.uk](mailto:supportlearning@west-lothian.ac.uk).**



## **MENTAL HEALTH AND WELLBEING CONTACTS**

### **Local: The Brock Wood and Craft Centre**

We are a social enterprise assisting people in West Lothian with chronic mental illnesses and issues. Our service users benefit from participating in therapeutic horticulture, woodwork and other craft activities. Based in Broxburn.

Phone Number: 01506 858 080  
Email: [info@thebrock.org](mailto:info@thebrock.org)  
Website: [thebrock.org](http://thebrock.org)

### **Local: Wellbeing support at Forrestbank Community Education Association**

A 'Recovery Café' in Livingston runs every Wednesday from 11:30am – 12:50pm which hosts a safe and friendly space to relax. Then on Wednesdays from 1pm – 3pm there is a SMART Recovery Group which is Self Management and Recovery Training. SMART in particular this is used for those seeking abstinence from addiction.

Phone Number: 07831643744 (Grant Burnside)  
Email: [Grant.Burnside@cgl.org.uk](mailto:Grant.Burnside@cgl.org.uk)

### **Local: Westspace**

Westspace is an online database which you can use to find appropriate mental health and wellbeing services in West Lothian. It can enable people to make informed choices in their treatment and care and inform people of factors influencing positive mental health and wellbeing.

Website: [www.westspace.org.uk](http://www.westspace.org.uk)

### **Local: S.M.I.L.E Counselling**

S.M.I.L.E are a local charity who offer open ended and free counselling, taking a range of approaches, for young people aged 11-24 in West Lothian. They are committed to providing a first contact within 72 hours of first referral.

Phone Number: 01506 239290  
Website: [www.smilecounselling.org.uk](http://www.smilecounselling.org.uk)

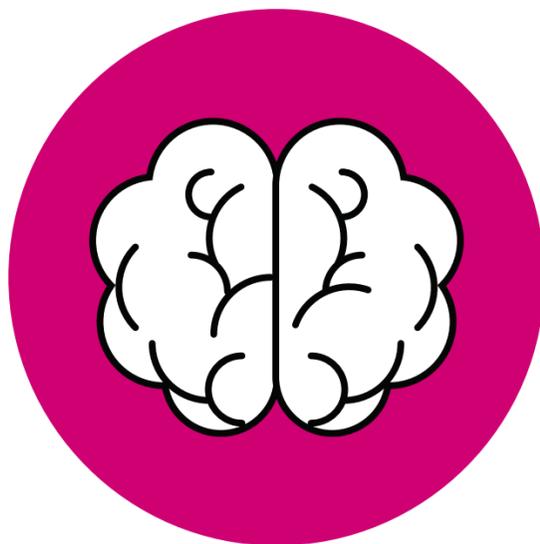
### **Local: Mental Health Advocacy Project West Lothian**

The Mental Health Advocacy Project (MHAP) provides independent support and representation services for people with mental health and/or addiction problems who are residents West Lothian. The support of an advocate is often particularly useful in meetings when you might not feel confident in expressing yourself.

Phone Number: 01506 857230  
Website: [www.mhapwl.org](http://www.mhapwl.org)



## MENTAL HEALTH AND WELLBEING CONTACTS



### **Local: The Chill Out Zone (Children 1st)**

The Chill Out Zone (COZ) is a healthy living drop in centre for young people aged 12 to 20, operated by the charity Children 1st. The centre offers help with a range of mental health, physical health, and sexual wellbeing. Young people can use COZ in their own time to get information and advice, or access counselling.

Phone Number: 01506 652436

Website: [www.westspace.org.uk/service/chill-out-zone](http://www.westspace.org.uk/service/chill-out-zone)

### **Local: Children's Health Scotland**

Children's Health Scotland 'Lothian Self-Management' programme offers a Lothian based generic self-management project for children and young people with a long term health condition. Their program consists of 6 workshops which focus on increasing mental and physical well-being. It also looks at how young people can manage stress, emotions, friendships, feelings and healthy eating. For up to 17 years

Phone Number: 07483 973 320

Website: [www.childrenshealthscotland.org/project/lothian-self-management](http://www.childrenshealthscotland.org/project/lothian-self-management)

### **Local: Kindred**

Kindred provides practical information, advocacy emotional support and guidance to support families of children with complex needs in Edinburgh and the Lothians. The staff have a wealth of knowledge for you to tap into and every response is tailored to your individual circumstances.

Phone Number: 0800 031 5793

Website: [www.kindred-scotland.org](http://www.kindred-scotland.org)

### **National: Papyrus, Hopeline**

For young people thinking about suicide or for others worried about them.

Phone Number: 0800 068 4141

Website:  
[papyrus-uk.org](http://papyrus-uk.org)



## MENTAL HEALTH AND WELLBEING CONTACTS

### **National: Scottish Association for Mental Health (SAMH)**

Details of local SAMH services and information and sign-posting for people concerned about their mental health.

Opening Times: Monday - Friday, 9.00am – 5.00pm.  
Phone Number: 0141 530 1000  
Website: [samh.org.uk](http://samh.org.uk)

### **Local: Neil's Hugs**

For Family & Friends who have lost a loved one to suicide. They offer lots of support including: a listening via telephone/face to face and signposting family or friends to support networks for loved ones who are considering suicide as an option. Their support group is on the 1st and 3rd Wednesday of every month from 6:30pm – 8:30pm in the Strathbrock Partnership Centre.

Phone Number: 07446717501 (Donna Paterson-Harvie)  
Website: [neilshugsfoundation.com](http://neilshugsfoundation.com)

### **National: Samaritans**

Offers emotional support to anyone feeling down or struggling to cope. Whatever you're going through, call us free any time, from any phone.

24 hour helpline: 116 123  
Website: [Samaritans.org](http://Samaritans.org)

### **National: No Panic**

Provides a helpline, programmes and support for those with anxiety disorders

Helpline Number: 0800 068 4141  
Website: [nopanic.org.uk](http://nopanic.org.uk)

### **National: BEAT**

Provides support to people who have, or are worried, they have an eating disorder, as well as others affected, such as friends and family members.

Helpline Number: 0800 801 0677  
Website: [b-eat.co.uk](http://b-eat.co.uk)

### **National: CALM: Campaign Against Living Miserably**

Offers emotional support to men feeling down or struggling to cope.

Helpline Number: 0808 58 58 58  
Website: [thecalmzone.net](http://thecalmzone.net)



## MENTAL HEALTH AND WELLBEING CONTACTS

### National: Breathing Space

Breathing Space is a free, confidential, phone service for anyone in Scotland experiencing low mood, depression or anxiety. We are here in times of difficulty to provide a safe and supportive space by listening, and providing information.

Phone Number: 0800 83 85 87  
Website: [breathingspace.scot](http://breathingspace.scot)

### Local: The Spark Counselling

Taking the decision to speak to a counselling professional about difficult issues can be daunting. But no matter whether you are dealing with relationship breakdown, depression, stress or bereavement, counselling can provide a path to understanding and overcoming life's challenges. Based in Livingston near to WLC.

Phone Number (free) for questions and bookings: 0808 802 0050  
Phone Number (free) for relationship helpline: 0808 802 2088  
Email: [appointments@thespark.org.uk](mailto:appointments@thespark.org.uk)

### Local – within the College: West Lothian College Students' Association

West Lothian College Student Association are here to support and enhance your student experience whilst you study at college. They are based in the back of the library and help with most aspects of college life, particularly in Health and Wellbeing. They offer 'Refresh' packs which you can sign-up for to receive a free welfare pack, hair cuts, gym memberships, mindfulness sessions and more.

Phone Number: 01506427701

Email: [StudentAssociation@West-Lothian.ac.uk](mailto:StudentAssociation@West-Lothian.ac.uk)

Website: [westlothiansa.co.uk](http://westlothiansa.co.uk)





## **MENTAL HEALTH AND WELLBEING CONTACTS**

### **National: 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.

Helpline: (free, every day, 6pm till midnight) 08088 01 03 02  
Email Support: [support@rapecrisisscotland.org.uk](mailto:support@rapecrisisscotland.org.uk)

### **Local: Glitter Cannons (LGBT Youth Scotland)**

An LGBT youth group based in West Lothian. We provide a safe space for LGBT people, friends and allies to meet and socialise.

Contact Key Youth Worker, Jane Drysdale  
Address: Boghall Community Wing, Marina Road, Bathgate, EH48 1SR  
Email: [jane.drysdale@westlothian.gov.uk](mailto:jane.drysdale@westlothian.gov.uk)

## **SOCIAL ENTERPRISE**

### **Local: The Larder Cook School**

A social enterprise, cafe and cook school who's mission is to inspire the use of food to change lives and build empowered and resilient Communities.

Based in Livingston, Calderwood, Armadale, and Fauldhouse, as well as pop-up events.

Phone Number: 01506 412819  
Email: [courses@thelarder.org](mailto:courses@thelarder.org)

### **Local: Beechbrae**

We are a young social enterprise and charity based in a 35 acre young woodland (Beechbrae Wood) in Blackridge, West Lothian. We are using this as a base to teach, learn & engage with our natural environment and for our local community to gain skills and knowledge in practical woodland management and sustainability.

Email: [hello@beechbrae.co.uk](mailto:hello@beechbrae.co.uk)



## **FAMILIES SUPPORT**

### **Local: Home-Start West Lothian**

Parenting support for families going through a period of difficulty, who live in West Lothian and have at least 1 child under the age of 5, through a combination of 1:1 parenting support, group work activities and peer support.

Phone Number: 01506 415755  
Email: [admin@homestartwl.org.uk](mailto:admin@homestartwl.org.uk)  
Website: [homestartwl.org.uk](http://homestartwl.org.uk)

### **Local: Daisy Drop In**

The Daisy Drop In is a drop in centre in Livingston for parents/carers with pre-school children. We are open Mon - Fri 9am - 12 noon and Mon & Thur 1pm - 3pm to drop in and play. We run various activities including messy play and music & rhythm. We also have a breastfeeding group on a Thursday morning and a Baby Playgroup (birth - 18months) on a Tuesday afternoon. We also offer Baby Massage and Wean the Weans courses.

Phone Number: 01506 238998  
Email: [daisydropin@hotmail.co.uk](mailto:daisydropin@hotmail.co.uk)  
Website: [Daisydropin.org](http://Daisydropin.org)

## **ADDICTIONS**

### **Local: West Lothian Drugs and Alcohol Service**

The Service provides a range of educational, training, counselling and support services on most aspects of alcohol and drug misuse, and smoking. These services extend to young people.

Phone Number: 01506 430225  
Website: [www.wldas.com](http://www.wldas.com)

### **National: Fast Forward - The Gambling Education Hub**

The Gambling Education Hub support organisations working with young people and families across Scotland. They host regional learning workshops.

Phone Number: 0131 554 4300  
Website: [www.fastforward.org.uk/projects/gedhub](http://www.fastforward.org.uk/projects/gedhub)



## **CARERS SUPPORT AND DISABILITIES**

### **Local: New Directions West Lothian**

New Directions support people who have a learning disability, physical disability, autism spectrum condition or mental health issue. They can help you to take part in activities you enjoy, become more independent, manage money or take part in further education. For young people and adults.

Website: [www.aliss.org/services/young-carers-6](http://www.aliss.org/services/young-carers-6)

### **Local: Carers of West Lothian**

Carers of West Lothian is a local charity providing information, advice and support to unpaid carers, young carers (age 8-18) and people with physical and learning disabilities living in West Lothian. They offer counselling to unpaid carers on a 'pay what you can afford' basis.

Phone Number: 01506 448000  
Email: [office@carers-westlothian.com](mailto:office@carers-westlothian.com)  
Website: [carers-westlothian.com](http://carers-westlothian.com)

### **National: The National Autistic Society Scotland (NAS)**

We are the leading Scottish charity for autistic people, including those with Asperger syndrome and their families. We provide information, support and pioneering services, and campaign for a better world for autistic people. We offer specialist advice and support to older teenagers and adults with autism

Phone Number: 0141 221 8090  
Address: 1st Floor, Central Chambers, 109 Hope St, Glasgow G2 6LL  
Advice Helpline Number: 0808 800 4104

### **National: Epilepsy Connections**

Epilepsy Connections runs a variety of projects and services within the Greater Glasgow & Clyde, Forth Valley and Ayrshire & Arran Health Board areas, offering information, advice and support to people with epilepsy, their families, friends and carers and the professionals working with them.

Phone Number: 0141 248 4125  
Email: [info@epilepsyconnections.org.uk](mailto:info@epilepsyconnections.org.uk)  
Address: 100 Wellington Street, Glasgow, G2 6DH



## **FOOD BANKS**

### **Local: Livingston South Distribution Centre**

Opening Times: Mon, Wed and Fri from 12:30 – 2:30pm

Address: Dedridge Baptist Church, Quentin Rise, Dedridge, Livingston, EH54 6QR

### **Local: Livingston North Distribution Centre**

Opening Times: Tue from 12:30pm – 2:30pm

Address: Livingston Old Parish Church of Scotland, St Andrew's, 4A Main Street, Deans, Livingston, EH54 8BE

### **Local: Livingston East and East Calder Distribution Centre**

Opening Times: Thu from 4pm – 6pm

Address: St. Andrew's RC Parish Church, 126 Victoria Street, Craigshill, Livingston, EH54 5BJ

**For general info on foodbanks in West Lothian:**

**Call 01501 229307**

**or**

**Email: [info@westlothian.foodbank.org.uk](mailto:info@westlothian.foodbank.org.uk)**

**or**

**Website: [westlothian.foodbank.org.uk](http://westlothian.foodbank.org.uk)**

## **COMMUNITY**

### **Local: Community Learning and Development Youth Services**

The purpose of youth work in West Lothian is to support young people aged 10 - 25 years to help develop their potential both as individuals and as members of the community with youth work, skills training, DofE and more.

Contact Claire Carbray

Email: [claire.carbray@westlothian.gov.uk](mailto:claire.carbray@westlothian.gov.uk)

[hone Number: 07990 788 029



## CAREERS

### **Local, within the College: Skills Development Scotland Careers Advisor**

A Skills Development Scotland Careers Advisor is available in the college to support you with your Career Management Skills. They are based in the Library and they can help with:

Career planning support – helping you identify your skills and strengths, identify what is important to you in a job and the steps you need to take to reach your career goal  
Choosing courses for progression, Information on a wide range of careers, Employability support - job search, CV and interview techniques, Information on training opportunities

The Careers Advisor is based in the library and is available on the following days:  
Tuesday 9.00 - 4.00pm, Wednesday 9.00 - 4.00pm

You can drop in during these times or if preferred, you can make an appointment through the main library desk or telephone 01506 427601

Outwith these times, you can make an appointment at the Skills Development Scotland Office in Livingston by phoning 01506 434249

For information on further support available from Skills Development Scotland visit: [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

### **Local: Start Scotland – Fair Start Scotland**

Fair Start Scotland is a flexible employment support service to help you get ready for work and achieve your potential. We believe that everyone should have the same opportunity to access a job that is right for them no matter what their circumstances. We also offer optional mental health and wellbeing support including 1:1 work. Based in Livingston near to WLC.

Phone Number (free): 0800 049 7061

Email: [info@startscotland.scot](mailto:info@startscotland.scot)

Website: [startscotland.scot/fair-start-scotland](http://startscotland.scot/fair-start-scotland)

### **National: Career Ready**

They provide young people - who don't yet have direct access - to the experiences of work, mentoring, and masterclasses they need to transition from education to rewarding employment.

Website: [www.careerready.org.uk](http://www.careerready.org.uk)

### **Local: Access2Employment**

Access2Employment provides West Lothian residents with support and information on finding employment, training and education. They offer a wide range of services, including: guidance on CV preparation and Interview techniques/advice. They are based all over West Lothian, including Armadale Library.

Phone Number: 0800 032 9768

Website: [www.westlothian.gov.uk/access2employment](http://www.westlothian.gov.uk/access2employment)



## **HOUSING AND HOMELESSNESS**

### **Local: Housing Association – Ark Housing Association Ltd**

ARK properties are available to any person over the age of 16 regardless of their geographical location or degree of housing need. We have properties ranging from Bedsits to 4 Bedrooms. They have homes in Linlithgow and Uphall.

Phone Number: 0131 447 9027

Website: [arkha.org.uk/housing](http://arkha.org.uk/housing)

### **Local: Supported Living Service – Penumbra**

Penumbra's Supported Living services offer personalised and flexible support to people who are living in their own home. Our staff work across the West Lothian area and offer recovery focused practical and emotional support that is based on the individual needs and goals of each person.

Phone Number: 0141 229 2580

Email: [west@penumbra.org.uk](mailto:west@penumbra.org.uk)

Website: [penumbra.org.uk](http://penumbra.org.uk)

**Think your organisation should be listed in this Directory?**

**Email [Laura.Glennie@samh.org.uk](mailto:Laura.Glennie@samh.org.uk)**

**OR**

**West Lothian College.**