



When the college is closed, these are some useful contacts to get emergency support.

Help Line	Number
In a mental or physical health emergency	Call 999 or go to A & E (Accident and Emergency) at St. Johns or your local hospital
Samaritans	116 123 Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.
Child line	0800 1111 Here to help anyone under 19 in the UK with any issue they're going through Phone, email and 1-1 counselling support
Breathing Space	0800 838587 Free and confidential phone service for anyone in Scotland feeling low, anxious or depressed Monday to Thursday 6pm to 2am and Friday to Monday 6pm to 6am (24 hours)
Text Shout to 85258	Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.
Domestic Abuse Helpline	0800 027 1234

West Lothian Domestic and Sexual Abuse Team (DASAT)	Call: 01506 281055 (9am - 5pm) Email: dasat@westlothian.gov.uk In person go to DASAT, Civic Centre Howden South Road, Livingston EH54 6FF
Rape Crisis Scotland Helpline	08088 01 03 02 Lines Open 7 days 6.00am – midnight
Edinburgh Rape Crisis Centre	0131 556 9437
Domestic Abuse Liaison Officer (Police)	01506 833834
Social Work - emergency out of hours	01506 281028/29
West Lothian Council Housing	01506 280000
Victim Support	01506 635050

Important

Is your life in danger?

If you have seriously harmed yourself – for example, by taking a drug overdose – call 999 for an ambulance or go straight to A&E.

Or ask someone else to call 999 or take you to A&E.

Tips for coping right now

- try not to think about the future – just focus on getting through today
- stay away from drugs and alcohol
- get yourself to a safe place, like a friend's house

- be around other people
- do something you usually enjoy, such as spending time with a pet

See [more tips from Rethink](#).

Mental Health Support

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, email jo@samaritans.org
- Use the 'Shout' crisis text line – text SHOUT to 85258

If you need to contact the police and it's less urgent than 999, call 101, 101 is available 24 hours a day, 7 days a week.

You should call 101 if you want to talk to your local police officer, get crime prevention advice, or report a crime that does not need an emergency response, for example:

- if your car has been stolen
- your property has been damaged
- you suspect drug use or dealing
- you want to report a minor traffic collision, or

- you want to give the police information about crime in your area

NHS mental health services

Find information, advice and local services on the NHS website - <https://www.nhs.uk/>

You can also get advice from the NHS 111 phone service.

Help for Suicidal Thoughts

If you're feeling like you want to die, it's important to tell someone.

Help and support is available right now if you need it. You do not have to struggle with difficult feelings alone.

Phone a helpline

These free helplines are there to help when you're feeling down or desperate. Unless it says otherwise, they're open 24 hours a day, every day.

[Samaritans](#) – for everyone

Call 116 123

Email jo@samaritans.org

[Campaign Against Living Miserably \(CALM\)](#) – for men

Call 0800 58 58 58 – 5pm to midnight every day

Visit the [webchat page](#)

[Papyrus](#) – for people under 35

Call 0800 068 41 41 – Monday to Friday 9am to 10pm, weekends and bank holidays 2pm to 10pm

Text 07860 039967

Email pat@papyrus-uk.org

[Childline](#) – for children and young people under 19

Call 0800 1111 – the number will not show up on your phone bill

Talk to someone you trust

Let family or friends know what's going on for you. They may be able to offer support and help keep you safe.

There's no right or wrong way to talk about suicidal feelings – starting the conversation is what's important.

Who else you can talk to

If you find it difficult to talk to someone you know, you could:

- **call a GP** – ask for an emergency appointment
- **call 111** out of hours – they will help you find the support and help you need

Student Support – Agencies and Organisations (Non-emergency)

Organisation	Contact Details	Information
Togetherall	Website: https://togetherall.com/	<ul style="list-style-type: none">• Online service providing support for mental health issues such as anxiety and depression.• Provides an online social network where people can share with, and support each other.

WLDAS West Lothian Drug and Alcohol Service	Call: 01506 430225 Email: enquiries@wldas.org www.wldas.com	<ul style="list-style-type: none"> • We are happy to answer any queries or give advice on issues to do with drugs, alcohol or tobacco • Drop-in services throughout West Lothian (Bathgate, Broxburn, Linlithgow, Livingston and Whitburn), see website for details. • If we can't help – we will point you in the right direction.
Home Start West Lothian	Call: 01506 415755 Email: admin@homestartwl.org.uk www.homestartwl.org.uk	<ul style="list-style-type: none"> • We offer support, friendship and practical help to parents with young children in communities throughout West Lothian • Specially trained volunteers with first hand parenting experience are carefully matched with families who are visited in their own homes. • Our support is free, confidential and non-judgemental.
West Lothian Council	Call: 01506 280000 Social Work out of hours call: 01506 281028 www.westlothian.gov.uk	<ul style="list-style-type: none"> • We can help with a range of services including council tax and benefits, health and social care, housing and your community • Contact us for health services and mental health services
Rock Trust - Nightstop	Call: 01506 591860 or 07523 512455 Email: moreen.watson@rocktrust.org www.rocktrust.org	<ul style="list-style-type: none"> □ Nightstop service aims to provide young people between the ages of 16 and 25 years with emergency accommodation for up to 2 weeks in the homes of approved volunteers
DASAT Domestic and Sexual Assault Team	Call: 01506 281055 (9am - 5pm) Email: dasat@westlothian.gov.uk In person go to DASAT, Civic Centre Howden South Road, Livingston EH54 6FF	<ul style="list-style-type: none"> □ Working with adults and their children who are experiencing or have experienced domestic abuse/coercive control in their lives □ Trauma counsellors (seconded) from Open Secret offer a confidential service, through DASAT, to adult survivors of both sexual assault and domestic abuse.
ListeningTime4U	Email: wlclisting@gmail.com	<ul style="list-style-type: none"> □ Someone to talk to should you need to whilst College is closed