

Student Support during Holidays

- **In a mental or physical health emergency call 999 or 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
- **If you require emergency support from the police, please call 999**
 - **If it is too dangerous to speak, dial '55' when prompted.**
 - **If you need to contact the police and it's less urgent than 999, call 101, which is available 24 hours a day, 7 days a week.**
 - to talk to your local police officer
 - get crime prevention advice
 - 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
- **For other support organisations, please see the following tables**

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Mental Health and Suicide

Organisation	Contact Details	Information
Breathing Space	Phone: 0800 838587 Webchat: https://breathingspace.scot/	<ul style="list-style-type: none"> • Free and confidential phone service for anyone in Scotland feeling low, anxious or depressed. • Phone: Mon to Thurs: 6pm to 2am, Fri to Mon: 6pm to 6am • Webchat: Mon to Fri: 6pm to 2am, Sat and Sun: 4 to 12am
Samaritans	Phone: 116 123 Email: jo@samaritans.org	<ul style="list-style-type: none"> • Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.
Papyrus	https://www.papyrus-uk.org/ HOPELINE247: 0800 068 41 41 Text: 88247	<ul style="list-style-type: none"> • PAPYRUS is the national charity dedicated to the prevention of young suicide (Under 35) and the promotion of positive mental health and emotional wellbeing in young people.
Shout 85258	text the word 'SHOUT' to 85258	<ul style="list-style-type: none"> • 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.
Neil's Hugs Foundation	https://www.neilshugsfoundation.com/ Contact Form	<ul style="list-style-type: none"> • Help, understand and give support to families and friends affected by suicide
Side by Side	https://sidebyside.mind.org.uk/	<ul style="list-style-type: none"> • Side by Side is an online mental health support community run by Mind which is available 24/7. It is completely anonymous place to talk openly about your feelings and your experiences with people who are experiencing the same.
Childline	Phone: 0800 1111	<ul style="list-style-type: none"> • Help anyone under 19 in the UK with any issue they're going through. • Phone, email and 1-1 counselling support

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Domestic and Sexual Assault

Organisation	Contact Details	Information
<p>DASAT Domestic and Sexual Assault Team</p>	<p>Phone: 01506 281055 (9am - 5pm) Email: dasat@westlothian.gov.uk In person go to: Domestic and sexual Assault Team, West Lothian Civic Centre, Howden South Road, Livingston, EH54 6FF</p>	<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.
<p>Scotland's Domestic Abuse and Forced Marriage Helpline</p>	<p>https://www.sdafmh.org.uk/en/ Phone: 0800 027 1234 Text/WhatsApp: 07401288595</p>	<ul style="list-style-type: none"> • Support is available 24 hours a day, 7 days a week • support anyone experiencing domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them.
<p>Domestic Abuse Liaison Officer (Police)</p>	<p>Phone: 01506 833834</p>	
<p>Rape Crisis Scotland Helpline</p>	<p>Phone: 08088 01 03 02 Text: 07537 410 027</p>	<ul style="list-style-type: none"> • Lines Open 7 days 5:00pm – midnight • A national rape crisis helpline and email support for anyone affected by sexual violence, no matter when or how it happened.
<p>Edinburgh Rape Crisis Centre</p>	<p>https://www.ercc.scot/Contact Form</p>	<ul style="list-style-type: none"> • Offer free and confidential emotional and practical support, information and advocacy to women, and young people aged 12-18 in Edinburgh, East and Midlothian, who have experienced sexual violence at any time in their lives. This includes, rape, sexual assault, sexual abuse, childhood sexual abuse and commercial sexual exploitation

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Drugs and Alcohol

Organisation	Contact Details	Information
WLDAS West Lothian Drug and Alcohol Service	www.wldas.com Phone: 01506 430225 Email: enquiries@wldas.org	<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

Crime

Organisation	Contact Details	Information
Victim Support Scotland	https://victimsupport.scot/ Phone: 0800 160 1985	<ul style="list-style-type: none">• Free and confidential support for anyone affected by crime• Lines open Mon-Fri, 08.00-20.00. Sat-Sun, 10.00-16.00

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Financial and Homelessness

Organisation	Contact Details	Information
West Lothian Foodbank	Phone: 01501 229307 Email: info@westlothian.foodbank.org.uk	<ul style="list-style-type: none"> • Providing emergency food for those that need it
The Advice Shop	Phone: 01506 283000 Email: advice.shop@westlothian.gov.uk	<ul style="list-style-type: none"> • Information, advice and representation on welfare rights, employment rights, money and debt, housing and energy efficiency.
Council	www.westlothian.gov.uk Phone: 01506 280000 Social Work out of hours: 01506 281028	<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

Childcare

Organisation	Contact Details	Information
Home Start West Lothian	www.homestartwl.org.uk Phone: 01506 415755 Email: admin@homestartwl.org.uk	<ul style="list-style-type: none"> • Offer support, friendship, and practical help to parents with young children in communities throughout West Lothian • Specially trained volunteers with firsthand parenting experience are carefully matched with families who are visited in their own homes. • Support is free, confidential and non-judgemental.
Social Work - emergency out of hours	Phone: 01506 281028/29	