

Family support:

Clackmannanshire council/ Social Work: 01259 450 000

Young carers: 01259 452 394 or email: youngcarers@centralcarers.co.uk

Educational Psychologist: 01259 456 000

Barnardo's: They protect, support and nurture the UK's most vulnerable children. 01324 632 903

Women's Aid:

Who can email for information and support?

- Women and children who are experiencing, or have experienced, domestic abuse.
- Friends, family, colleagues and neighbours seeking to support women and children who are experiencing, or have experienced, domestic abuse.
- Professionals supporting women and children experiencing domestic abuse.

Email: Clackswomensaid@gmail.com

Phone 01259 721407 Refuge, information and children/young people's outreach: Mon-Fri 9.30am-4pm, Saturday 9.30-11.30

Fax 01259 222913 Second line - Refuge, information and children/young people's outreach: Mon-Fri 9.30am-4pm

Local support services:

Food bank information:

Gate Enterprises: 01259 218 766 website: <http://www.the-gate-charity.org/>

Alloa Ludgate Church: 01259 218 766 website: <http://alloaludgatechurch.org.uk/>

Start Up Stirling: 01786 561 027 website: <https://startupstirling.org.uk/>

Mental Health Support:

Wellbeing Scotland: In school we have a wellbeing worker, called Robyn Spice. She already works with a number of our pupils. You can contact her on 01324 630 100 or by email: clrspice2020@glow.sch.uk or robyn@wellbeingscotland.org

Website is: www.wellbeingscotland.org

Wellbeing Scotland are a voluntary organisation with services across Scotland. We provide a wide range of holistic services for individuals and families whose life experiences have impacted negatively on their wellbeing. We offer client centred, holistic, trauma informed therapeutic services and have specialism in abuse and trauma work which has been built up since 1994.

Mental health:

This NHS link contains several help lines for specific issues:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Childline: GET SUPPORT – You can contact Childline about anything. Whatever your worry, it's better out than in. We're here to support you and help you find ways to cope. There are lots of different ways to get in touch with us. And you can also get help from other young people through our site.

Website: www.childline.org.uk or 0800 1111

Breathing Space:

How can we help: Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone – we're here to listen.

Website: <https://breathingspace.scot/> or 0800 83 85 87

For those affected by addiction:

This is a fantastic tool designed for adults, it is devised for those affected by trauma and ACoA (adult children of alcoholics) and those affected by addiction. It could be used by parents and their children as there are lots of interactive activities:

<https://www.tiandayton.com/emotionexplorer/mood-meter?text=JEALOUS&color=jealous>

Other good websites relating to mental health:

A-Z of mental health issues: <https://www.mind.org.uk/information-support/a-z-mental-health/>

NHS mental wellbeing: <https://www.nhs.uk/conditions/stress-anxiety-depression/>

Mental Health Foundation website: <https://www.mentalhealth.org.uk/your-mental-health>

Time to change: website tackling mental health stigma and discrimination

<https://www.time-to-change.org.uk/resources>

Grief:

HelpGuide: Coping with Grief and Loss: <https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>

NHS: Grief after bereavement or loss:

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

Cancer Research UK: Coping with grief

<https://www.cancerresearchuk.org/about-cancer/coping/dying-with-cancer/after-someone-dies/coping-with-grief>

Marie Curie: Grieving in your own way:

<https://www.mariecurie.org.uk/help/support/bereaved-family-friends/dealing-grief/grieving-your-way>

Domestic abuse:

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

<http://www.stirlingwomensaid.co.uk/>

<http://thehideout.org.uk>

<https://www.cedarnetwork.org.uk/for-mums-and-kids/>

Internet safety: Resources can be found on the following websites:

<https://www.childnet.com/>

<https://www.thinkuknow.co.uk/>

<https://www.ceop.police.uk/safety-centre/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.connectsafely.org/great-internet-safety-resources/>

LGBT: Making Scotland the best place to grow up for LGBTI young people

www.lgbtyouth.org.uk

Websites	Phone & Text Support
Young Minds	Wellbeing Scotland
https://youngminds.org.uk	07912 759 655
Ditch The Label	GiveUsAShout.org
https://www.ditchthelabel.org/	Text 'SHOUT' to 85258
MIND	Free, text-based, 24/7
https://www.mind.org.uk/information-support/for-children-and-young-people/	Samaritans
The Mix	Childline
https://www.themix.org.uk/	116 123
Switchboard LGBT+	0800 1111
https://switchboard.lgbt/	Free, phone-based, 24/7
	Breathing
	Space
www.clacks.gov.uk	0800 83 85 87
	Free, phone-based, NOT 24/7
	Switchboard
	LGBT+
	0300 330 0630
	Free, phone-based, 10am-10pm
	