

Breathing Space (Freephone) 0800 838 587
(Mon - Fri 6pm - 2am, Sat - Sun 6pm - 6am)
A confidential phoneline if you're feeling low,
anxious or depressed
www.breathingspace.scot

One-to-one Counselling 01339 886700
Service Deeside
www.mha.uk.net

Networks of Wellbeing 01466 793732
Mental health and wellbeing support
www.networksofwellbeing.org

Samaritans (24hrs, 365 days) (Freephone) 116 123
www.samaritans.org

Scottish Association for Mental Health 0300 1234 677
Mental health support www.samh.org.uk

Paths for All 01467 534495 / 07826 510438
www.pathsforall.org.uk/walk-project/aberdeenshire-health-walks

ALISS - local help, support and activities for health and wellbeing close to your postcode
www.aliss.org

Money Matters

Aberdeenshire Council Support and Advice Team (ASAT) 0345 608 1200
help with Housing Benefit, Council Tax Reduction, Blue Badges, Free School Meals, School Clothing Grants and Scottish Welfare fund enquiries
www.aberdeenshire.gov.uk/benefits-and-grants/contact-us/

Christians Against Poverty (CAP) 0800 3280006
www.capuk.org

Citizens Advice Bureau (CAB) 01224 747714
www.swacab.org.uk

Gordon Rural Action 01466 793676
Free, confidential, impartial and independent advice www.gordonruralaction.org.uk

Grampian Credit Union 01224 561506
www.grampiancreditunion.co.uk

Money Helper 0800 011 3797
help with pensions
www.moneyhelper.org.uk

Transport

Transport to Health Care (THInC) 01467 536111
travel advice to health or social care appointments
www.thinc-hub.org

Traveline Scotland 0871 200 22 33
Public transport information and journey planner
www.travelinescotland.com

A2B Dial-a-Bus & Ready2Go Bus Services 01467 535 333
www.aberdeenshire.gov.uk/roads-and-travel/public-transport

Computer Access

Live Life Aberdeenshire 01467 532929
access to computers and internet via local libraries
www.livelifeberdeenshire.org.uk/libraries

Literacy Support, ESOL & Numeracy

Community Learning and Development Teams at Banchory, Aboyne, Huntly and Alford
www.aberdeenshire.gov.uk/communities-and-events/cld/

Emergency Contact Information

Police Scotland
For all non-emergencies 101
For all emergencies 999

Scottish Fire and Rescue
For all emergencies 999
To arrange free home safety visits 0800 0731 999

NHS24 111
Health information and self-care outwith GP or normal dental opening hours

Dental Information and Advice Line (DIAL) (Office hours) 0345 456 5990

Aberdeenshire Council
For details of Council's emergency services see webpage: www.aberdeenshire.gov.uk/contact-us/emergency-contacts/

Scottish and Southern Electricity Network
Emergency helpline 0800 300 999
National Power Cut Helpline (24/7) 105
www.sse.co.uk/help/energy

National Gas Helpline 0800 111 999
Scottish Water 24/7 Freephone 0800 077 8778

MARR AREA

Who, Where & How to get in touch with someone who can help You



Who, Where & How to get in touch with someone who can help You

We have listed the main organisations active in the Marr area for each issue.

Alongside will be a telephone number and website address.

Alcohol & Drugs

Aberdeenshire Alcohol and Drug Service 01224 558844
www.aberdeenshirealcoholdrugs.support

Alcohol & Drugs Action (Freephone) 0333 3448 355
www.alcoholanddrugsaction.org.uk

Alcoholics Anonymous 0800 9177 650
www.alcoholics-anonymous.org.uk

Narcotics Anonymous (UKNA) 0300 999 1212
www.ukna.org

Domestic Abuse

Grampian Women's Aid 01224 593381
www.grampian-womens-aid.com

Scotland's Domestic Abuse & Forced Marriage Helpline (24hrs) 0800 027 1234
www.sdafmh.org.uk

Victim Support 0800 160 1985
www.victimsupportsco.org.uk

Employment

Council Employability Service 07990 791 061 or 07500 066 456
for anyone with a disability or health condition
www.aberdeenshire.gov.uk

Employment Support Team 01467 534867
for anyone seeking employment. Local Job Clubs can be accessed through Employment Support Team

Fair Start Scotland 0800 049 7061
employment support service
www.startscotland.scot/fair-start-scotland

Skills Development Scotland 0800 917 8000
www.skillsdevelopmentscotland.co.uk

Family & Relationships

Children

Aberdeenshire Council Social Care Service (including out-of-hours service) 0345 608 1206

Childline (Freephone) 0800 1111
direct support for children
www.childline.org.uk

Family Information Service 0800 298 3330
www.families.scot

Homestart Deeside & Donside 01330 824 443
support for families with young children
www.homestartdeeside.org

Relationships

Avenue 01224 587571
mediation, counselling and child contact
www.avenue-info.com

Relationships Scotland (Infoline) 0345 119 2020
www.relationships-scotland.org.uk

The Spark (Freephone) 0808 802 2088
Counselling and mental health support for all ages
www.thespark.org.uk

Older Adults

Alzheimer Scotland (Freephone) 0808 808 3000
www.alzscot.org

Kincardine & Deeside Befriending 01569 765 714
reducing social isolation and loneliness in older people
www.kdbefriending.org.uk

The Silver Line (Freephone) 0800 470 8090
helpline for older people
www.thesilverline.org.uk

Carers Support

Quarriers Carers Service 01467 538700
services and support for any unpaid carers
www.quarriers.org.uk/services/aberdeenshire-adult-carers/

Access to Food

North Aberdeenshire Foodbank 07479 954746
(Huntly)
www.aberdeenshirenorth.foodbank.org.uk

South Aberdeenshire Foodbank 07926 969408
(Banchory) www.aberdeenshiresouth.foodbank.org.uk

Fuel Poverty

Home Energy Scotland Advice Line 0808 808 2282
for free, impartial advice and practical assistance for reducing fuel bills
www.homeenergyscotland.org

Housing & Homelessness

Aberdeen Foyer 01224 212924
supporting people towards independent living, learning and work
www.aberdeenfoyer.com

Aberdeenshire Care & Repair 01467 534 753
provides a repairs, maintenance and adaptations service to Aberdeenshire owner occupiers and private landlords' tenants over 60 and/or disabled and in receipt of benefits
www.aberdeenshire.gov.uk/careandrepair

Aberdeenshire Council Housing & Homelessness Team 0345 608 1203

Houseability 01779 490908
providing housing information, advice and advocacy to people with disabilities or long-term health problems, living in or wishing to relocate to Aberdeenshire
www.houseability.org.uk

Let's Choose - affordable housing 01224 202900
www.grampianhousing.co.uk

Mental Health and Wellbeing

Aberdeenshire 1st Response 0800 1357950
(Mon-Fri, 9-5) provides short term support for those feeling at crisis point, aged over 16 years
www.penumbra.org.uk/services/

Advocacy North East 01467 651604
works with people aged 16 years and over with learning disabilities, dementia and acquired brain injury, to support them in dealing with health and social care matters
www.advocacyne.org.uk