



**Perth & Kinross  
Mental Health  
Directory of Services**

[www.pkc.gov.uk/mentalhealth](http://www.pkc.gov.uk/mentalhealth)



## PERTH AND KINROSS MENTAL HEALTH SUPPORT SERVICES

This is a mental health directory of services within Perth and Kinross. It also includes national services, telephone help lines and useful websites.

If you're feeling down, if you have a concern about something or you just want to talk to someone about your worries, there are lots of places you can go for help and support.

If you know of anyone who might need help and support, please give them this information.

If you are worried someone is feeling suicidal it is important to remember the following things:

**'Suicide. Don't hide it. Talk about it':**

- **If you are feeling suicidal, the best thing you can do is talk.**
- **It's OK to talk about feeling suicidal.**
- **Speak to someone you trust or phone a helpline like:**

**Breathing Space (0800 838587)**

**Samaritans (116 123) or**

**Talk to someone at one of the organisations below**

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## EMOTIONAL SUPPORT

<b>Samaritans</b> National Service & Local Branch	3 King's Place, Perth, PH2 8AA  Tel: 01738 626 666 or 08457 909090 Text: 07725909090 Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	<b>Samaritans</b> are a non religious, confidential emotional support service and will listen to anyone about anything that is worrying them.
	<b><u>Call charges apply</u></b>	
<b>Breathing Space</b> National Service	Tel: 0800 83 85 87 <b><u>FREE service</u></b>	<b>Breathing Space</b> support people who may experience difficulty and unhappiness, mental health problems and emotional distress.
<b>NHS Living Life 24 – Guided Self Help</b>	Tel: 0800 328 9655  (Mon-Fri 1pm to 9pm) or GP referral  <b><u>FREE service</u></b>	<b>Living Life Guided Self Help</b> is a free Cognitive Behavioural Therapy (CBT) telephone service available to anyone over the age of 16 who is suffering from low mood, mild to moderate depression and/or anxiety.
<b>Cruse Bereavement Care</b> Tayside Region	59 King Street, Perth , PH2 8JB  Tel: 0845 600 2227 Email: <a href="mailto:tayside@crusescotland.org.uk">tayside@crusescotland.org.uk</a> Website: <a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a>	<b>Cruse Bereavement Care</b> is a national charity with a local branch. They help anyone experiencing bereavement to understand their grief and cope with their loss.  They offer services to adults, young people and children.
	<b><u>FREE service</u></b>	
<b>Perthshire Women's Aid</b>	49-51 York Place Perth, PH2 8EH Tel: 01738 639 043 Email: <a href="mailto:contactus@perthwomensaid.org.uk">contactus@perthwomensaid.org.uk</a> Domestic Abuse Helpline (24 hours) Tel: 0800 027 1234 <b>CEDAR</b> Email: <a href="mailto:contact@cedarperth.co.uk">contact@cedarperth.co.uk</a> or Perthshire Womens Aid phone number  <b><u>FREE service</u></b>	<b>Perthshire Women's Aid</b> is a confidential service offering support, information and refuge accommodation to women, children and young people who have or are experiencing domestic abuse. A counselling service and various group programs are also available including CEDAR (children experiencing domestic abuse recovery programme), young people experiencing domestic abuse within their own intimate relationships and also as a result of their mother's relationship with a perpetrator of abuse.

<p><b>Mindspace Counselling Services</b></p>	<p>18-20 York Place, Perth, PH2 8EH</p> <p>Tel: 01738 631 639</p> <p>Text: 07807 463 260</p> <p>Email: <a href="mailto:info@mindspacepk.com">info@mindspacepk.com</a></p> <p>Web: <a href="http://www.mindspacepk.com">www.mindspacepk.com</a></p>	<p><b>Mindspace</b> offers counselling to people who are facing difficulties or challenges including:</p> <ul style="list-style-type: none"> <li>- Bereavement or loss</li> <li>- Anxiety or depression</li> <li>- Abuse or traumatic events</li> <li>- Stress of work or in the home</li> <li>- Difficulties in family or intimate relationships</li> </ul> <p>They offer services to adults, young people and those living in rural locations.</p>
<p><b>Victim Support</b></p>	<p>Highland House St Catherine's Road Perth, PH1 5YA</p> <p>Tel: 01738 567 171 Monday to Friday 10am - 4pm</p> <p><b><u>FREE service</u></b></p>	<p><b>Victim Support</b> is a free confidential service available to all victims of crime, whether or not the crime has been reported to the police. Emotional support and practical help, such as understanding criminal justice procedures, help with insurance and compensation claims is available.</p>
<p><b>Rape and Sexual Abuse Centre Perth &amp; Kinross (RASAC P&amp;K)</b></p>	<p>RASAC P&amp;K 18 King Street, Perth, PH2 8JA Tel: 01738 630 965 (24 hr answering machine)</p> <p>National Helpline 6pm to midnight Tele: 08088 01 03 02 Email: <a href="mailto:rasacpk@gmail.com">rasacpk@gmail.com</a></p> <p><b><u>FREE service</u></b></p>	<p><b>RASACPK</b> offers free and confidential support (face to face, telephone, email or group support including weekly arts &amp; crafts) to women, young women (12yrs+) and young men (12 – 18 yrs) who have experienced rape or sexual abuse at any time in their life. Outreach Support is also available in location of choice.</p>
<p><b>Drug and Alcohol, BBV, Homeless and Carer Support Team</b> Perth and Kinross Council</p>	<p>Suite A3 Highland House St Catherine's Road Perth, PH1 5YA Tel: 01738 474 455 Email: <a href="mailto:DAServices@pkc.gov.uk">DAServices@pkc.gov.uk</a></p> <p><b><u>FREE service</u></b></p>	<p><b>The Team</b> provides support to people using drugs and/or alcohol, to make positive changes to their lives and to reduce the harm caused by drug and/or alcohol use.. Additionally the team also supports people with a Blood Bourne Virus (BBV) and also someone caring for another with a substance misuse problem.</p>

<p><b>Harbour Counselling</b></p>	<p>Shore Road, Perth, PH2 8BD          Tel: 01738 449 102          Web: <a href="http://www.harbourperth.org.uk">www.harbourperth.org.uk</a>  <b><u>FREE service</u></b></p>	<p><b>Harbour Counselling</b> offers an independent and confidential counselling service for people experiencing a wide range of difficulties including emotional problems, bereavement/loss and relationship breakdown.</p>
<p><b>Spiritual Care Staff NHS</b></p>	<p>Grant King          Tele: 07917 183773  <a href="mailto:grant.king@nhs.net">grant.king@nhs.net</a>            Geoff Williams          Tele: 07884 234 525    <b><u>FREE service</u></b></p>	<p><b>The Department of Spiritual Care</b> offers a confidential, safe, listening space to support those who come into contact with the NHS health service (patients, carers or staff members both in the hospital or community setting), regardless of their beliefs.</p>
<p><b>Support in Mind Scotland Tayside</b>          Perth &amp; Kinross Carers Support</p>	<p>8 Atholl Crescent          Perth PH1 5NG            Tel: 01738 580 899          Mob: 07920 490534    <a href="http://www.supportinmindscotland.org.uk/tayside">www.supportinmindscotland.org.uk/tayside</a>          Email: <a href="mailto:SCox@supportinmindscotland.org.uk">SCox@supportinmindscotland.org.uk</a>          Or <a href="mailto:tayside@supportinmindscotland.org.uk">tayside@supportinmindscotland.org.uk</a>    <b><u>FREE service</u></b></p>	<p>Support in Mind Scotland Tayside offers a range of services across Perth and Kinross for those supporting someone with a mental illness. Our free and confidential service can offer individuals emotional and practical support, along with a range of information and advice, in the form of tailored one to one support. We also facilitate a variety of regular peer support groups in several locations around Perth &amp; Kinross and regular information sessions with professional guest speakers on mental health topics. The project also offers the opportunity to use your own views and experiences to help develop and improve the quality of mental health services</p>
<p><b>SSH: Talking the Difficult</b></p>	<p>Support group, various locations, phone to confirm.            Telephone:          Kirstie: 07834193257          Tracy: 07715460590            Email:  <a href="mailto:kirstie.howell@gmail.com">kirstie.howell@gmail.com</a>  <a href="mailto:tracy.selfharm@hotmail.com">tracy.selfharm@hotmail.com</a></p>	<p>Support group for people affected by a family member or friend who self-harms or who has died from self-harm or suicide. Support group is held weekly, but people can attend as often as they like. Please email or telephone in the first instance.</p>

<p><b>Tulloch Net</b></p>	<p>Contact Grant Maclaughlan Phone 01738 562731 or 07790 518 041. Email: <a href="mailto:grantmac.tullochnet@gmail.com">grantmac.tullochnet@gmail.com</a></p> <p>For weekly updates visit our Facebook page <a href="https://www.facebook.com/lovetulloch">https://www.facebook.com/lovetulloch</a></p> <p>Address: The Community Hub 2 Tulloch Square PH1 2PW</p> <p>Opening Hours: 8:30am and 12noon</p>	<p><b>Tulloch Net</b> is a community initiative based on the Christian values of unconditional love, respect and hope. Open to all. It's a place to meet and make new friends, where people can access support and contribute their ideas. They can also help with making phone calls, filling in forms and accessing other agencies.</p> <p><b>The Tulloch Net Listening Service</b> is If you need to talk then we are here to listen. Whether it is bereavement, problems at home, difficulties at work, health concerns, relationship difficulties, financial burdens or something else, then we are available to listen.</p> <p>They also have a <b>Home Visiting Project</b> where their befrienders visit those who feel lonely or isolated. Visits are normally for 1 hour every week.</p>
<p><b>Abused Men in Scotland</b></p>	<p>Mon - Fri, 9am - 4pm Tel: 0808 800 0024 <a href="http://www.abusedmeninscotland.org">www.abusedmeninscotland.org</a></p>	<p>A national organisation dedicated to supporting men who are experiencing, or who have experienced, domestic abuse.</p>
<p><b>Saneline</b></p>	<p>Every day, 6pm - 11pm Tel: 0845 767 8000 <a href="http://www.sane.org.uk/what_we_do/support/helpline">www.sane.org.uk/what_we_do/support/helpline</a></p>	<p>SANE runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.</p>
<p><b>Supportline</b></p>	<p>Mon, 8:30pm - 10:30pm Tues - Thurs, 5pm - 7:30pm Tel: 01708 765200 <a href="http://www.supportline.org.uk">www.supportline.org.uk</a></p>	<p>Emotional support, advice and information particularly for people who are socially isolated, vulnerable, at risk or experiencing any form of abuse</p>
<p><b>Anxiety Alliance</b></p>	<p>Every day, 10am - 10pm Tel: 0845 296 7877 <a href="http://www.anxietyalliance.org.uk">www.anxietyalliance.org.uk</a></p>	<p>Advice and support for people suffering from anxiety, their carers, family and friends.</p>
<p><b>Survivors of Bereavement by Suicide (SOBS)</b></p>	<p>Every day, 9am - 9pm Tel: 0300 111 5065 <a href="http://www.uk-sobs.org.uk">www.uk-sobs.org.uk</a></p>	<p>Provide dedicated support to adults who have been bereaved by suicide</p>

**PKC – Wellbeing & Recovery**

Tel: 01738 474455  
[wellbeingandrecovery@pkc.gov.uk](mailto:wellbeingandrecovery@pkc.gov.uk)

No matter where you live in Perth and Kinross, there are opportunities for you.

- Learn a new skill or try out a new activity.
- Improve your mental and/or physical health.
- Take up opportunities to meet new people.
- Receive social support from others and give some too.
- Increase your self-confidence and self-esteem.
- Have opportunities to express yourself.
- Become more involved with your local community.

**MENTAL WELLBEING SERVICES**

**Wisecraft**

10 Lower Mill Street  
Blairgowrie PH10 6NG  
Tel: 01250 874 777  
Email:  
[Wisecraftblair@aol.com](mailto:Wisecraftblair@aol.com)  
**FREE service**

**Wisecraft** offers activities such as Arts, Crafts and Joinery as well as some health based activities for individuals aged 16-65 who have severe and enduring mental health needs, who live in the community or are in hospital with a set discharge date.

**Mindspace Recovery College**

18 - 20 York Place  
Perth  
PH2 8EH  
01738 639657  
Email:  
[admin@mindspacepk.com](mailto:admin@mindspacepk.com)  
Web:  
[www.mindspacepk.com](http://www.mindspacepk.com)  
**FREE service**

**Mindspace** works with people with mental health needs, their carers, families, friends etc. They provide information, advice, learning opportunities and a safe environment to develop new skills. For those people experiencing isolation because of their illness we run café and social networking groups.

The Recovery College also has a resource library on its premises. It is free to access, for students of the college, family members, carers and professionals. We have a wide variety of books, leaflets and DVDs about understanding a diagnosis, self help, personal accounts of mental health and recovery and much more.



<p><b>MoveAhead</b></p>	<p>Contact Liz Swann or Pam Lamond on 01738 413070 <b><u>FREE service</u></b></p>	<p><b>Move Ahead</b> aims to help people to regain confidence, self esteem, enhance individual skills and realise their potential. Individual or group activities include: Leisure, Educational, Recreational, Social, Voluntary work and Work preparation</p>
<p><b>Scottish Families Affected by Alcohol and Drugs</b></p>	<p>Helpline: 0808 010 1011 Mon - Fri 9am - 11pm Sat - Sun 5pm - 11pm Website <a href="http://www.sfad.org.uk">www.sfad.org.uk</a></p>	<p>Helpline providing listening support, advice, information and signposting to families who are affected by someone else's alcohol or drugs misuse.</p>
<p><b>PKAVS Mental health &amp; Wellbeing Hub</b></p>	<p><b>The Walled Garden &amp; Café.</b> Muirhall Road, Perth, PH2 7BH Tel. 01738 631777</p> <p>Open to clients from 9.30am to 3.30pm Café open to the public from 11am to 3pm Gardens open to the public 9.30am to 4pm</p> <p><b>Wisecraft</b> 10 Lower Mill Street, Blairgowrie, PH10 6NG Tel 01250 874777</p> <p>Open to clients 9.30am to 3.30pm</p>	<p><b>PKAVS Mental Health &amp; Wellbeing Hub</b> provides community-based and outcomes-focussed support for adults recovering from mental ill health. With services in Perth City ( Walled Garden, Perth) and Strathmore (Wisecraft, Blairgowrie), the Hub offers a diverse range of activities spanning areas such horticulture, joinery, arts &amp; crafts, catering and physical health. Activities support clients on their recovery journey, producing positive outcomes in relation to health &amp; wellbeing, knowledge and life opportunities, independence and self-confidence. We accept self-referrals and referrals from both statutory and voluntary agencies for those aged 16 +. We also accept referrals for those in hospital but ready for discharge.</p>
<p><b>Gowrie Care</b></p>	<p>55 Huntingtower Road Perth PH2 2LH Tel: 01738 630 232 Tel: 01738 474929 Web: <a href="http://www.hillcrest.org.uk/gowrie+care/">www.hillcrest.org.uk/gowrie+care/</a> Email: <a href="mailto:RMuir@hillcrestha.org.uk">RMuir@hillcrestha.org.uk</a> <b><u>FREE service</u></b></p>	<p><b>Gowrie Care</b> provides a range of outreach services to people living with mental health problems including supporting people to maintain their tenancy and exploring education and employment opportunities.</p>

<p><b>Richmond Fellowship</b></p>	<p>Suite 2 South Inch Business Centre Shore Road Perth PH2 8BW Tel: 01738 440 012 Web: <a href="http://www.trfs.org.uk">www.trfs.org.uk</a></p> <p><b><u>FREE service</u></b></p>	<p><b>Richmond Fellowship</b> provides support in the community for people living with a mental health problem and can include ongoing monitoring and intervention and one-to-one support in a person's own home. They also offer <b>Shared Lives</b> service, which is a shared experience where people are being supported in the community by the community.</p>
<p><b>Tayside Council on Alcohol</b></p>	<p>Contact details are as follows: Sandra Campbell – 07880 382107 or phone the Perth office 01738 580336. Web site – <a href="http://www.alcoholtayside.com">www.alcoholtayside.com</a></p>	<p>We offer services to anyone over the age of 16 who is affected by their own, or another's alcohol misuse. We provide cognitive behavioural counselling (a form of counselling which helps people understand the links between what they do and how they feel, what they think about themselves and the other people in their lives).</p>
<p><b>Perth Six Circle Project</b></p>	<p>Aultbea House North Square 3 Edinburgh Road Perth PH2 8AT Tel: 01738 445 384 <a href="mailto:info@perthsixcircleproject.co.uk">info@perthsixcircleproject.co.uk</a> Hours of Opening – Tues/ Wed/ Thurs 9.00 – 16.30 <b><u>FREE service</u></b></p>	<p><b>Perth Six Circle Project</b> has three structured programmes - Living Independently, Community Enhancement and Personal Wellbeing – for adults aged 18+ with a variety of complex and challenging issues such as those with severe and enduring mental health needs, those recovering from the effects of substance misuse and those who have prison experience.</p>
<p><b>Mental Health Support</b> Perth and Kinross Council</p>	<p><b>Fourways</b> Donnachie House Bank St Aberfeldy PH15 2BB Tel: 01887 822462</p> <p><b>Springwell - Crieff</b> Learning Centre Lodge Street Crieff PH7 4DW Tel: 01764 657 861 / 0</p> <p><b>Springwell - Kinross</b> Loch Leven Community Campus The Muirs Kinross KY13 8FQ Tel: 01577 867 317 / 8</p>	<p><b>These Mental Wellbeing Services</b> offer a range of support and opportunities to adults with mental health needs aged 16 years and over in rural Perth and Kinross.</p> <p>Community based and offering Individual and group support to improve mental wellbeing, social inclusion and Recovery.</p> <p>Support to manage mental health concerns.</p> <p>Learn to how improve your mental wellbeing.</p> <p>Coping with Stress and relaxation classes.</p> <p>Provision of self-help material.</p> <p>Support to link into training, volunteering or improve employment prospects.</p>

<p><b>Saints Academy Inclusion Through Sport Project (SAINTS)</b></p>	<p><b>Meadowell</b>  St Catharine's Centre  George Street  Blairgowrie PH10 6EY  Tel: 01250 874 217  <a href="mailto:Communitycare@pkc.gov.uk">Communitycare@pkc.gov.uk</a></p> <p>Dave Black  Assistant Community Coach</p> <p>Tel: 01738 459 095  Email : <a href="mailto:dave@perthsaints.co.uk">dave@perthsaints.co.uk</a>  Website: <a href="http://www.perthstjohnstonefc.co.uk/community-overview.php">www.perthstjohnstonefc.co.uk/community-overview.php</a></p> <p><b><u>FREE service</u></b></p>	<p>Support to do more in your local community.  Social contact and other group activities.</p> <p>We positively encourage self-referral and informal enquiries.  <b><u>FREE service</u></b></p> <p><b>St. Johnstone F.C</b> have signed the 'see me' pledge and are tackling stigma through sport. <b>The SAINTS Project</b> runs a Mental Wellbeing Group which provides regular sporting opportunities and activities for adults who have experienced mental ill-health or who are recovering from substance misuse problems. People can join the mental wellbeing football squad; take part in other sporting opportunities or activities which might be of interest or get the chance for some personal development opportunities such as football coaching certificates.</p>
<p><b>Scottish Families Affected by Alcohol and Drugs</b></p>	<p>Helpline: 0808 010 1011  Mon - Fri 9am - 11pm  Sat - Sun 5pm - 11pm  Website  <a href="http://www.sfad.org.uk">www.sfad.org.uk</a></p>	<p>Helpline providing listening support, advice, information and signposting to families who are affected by someone else's alcohol or drugs misuse.</p>
<p><b>Employment Support Team (PKC)</b></p>	<p><b>Employment Support Team</b>  Perth &amp; Kinross Council  41d St Catherine's Road  Perth, PH1 5SJ</p> <p>Tel: 01738 477638 (Perth)  01250 871932 (Blairgowrie)  E-mail  <a href="mailto:HCCEmploymentSupport@pkc.gov.uk">HCCEmploymentSupport@pkc.gov.uk</a></p> <p>Websites:  <a href="http://www.pkc.gov.uk/learningdisabilities">http://www.pkc.gov.uk/learningdisabilities</a>  <a href="http://pkemploy.net/">http://pkemploy.net/</a></p> <p><b><u>FREE service</u></b></p>	<p>The Employment Support Team offers employability related support to people with Mental Health Difficulties / Learning Disabilities to prepare for, find and maintain employment.</p> <ul style="list-style-type: none"> <li>- Specialist supported employment service provided by the team</li> <li>- Delivery of Work Ready training</li> <li>- Offer Accredited Employability training through recycling</li> <li>- Setting up work experience opportunities in a wide variety of sectors</li> <li>- Liaising with and supporting employers to offer paid work opportunities</li> <li>- Job retention through job coaching and regular workplace appraisals</li> </ul>

**P.A.S.T.** (Perth  
Addiction Support  
Team),

Any service user or  
service provider wishing  
to make use of our  
services, or for  
more information or to  
enquire about group  
membership please  
contact us on:  
07516 427 810  
or e-mail  
[pastgroup1@gmail.com](mailto:pastgroup1@gmail.com)

P.A.S.T are a newly formed peer support  
group working in Perth and surrounding  
areas.  
Their main aim is to provide support to  
people who are experiencing difficulties  
in their own recovery from addictions.  
They are able to perform this function  
with a good level of empathy for any  
potential clients and their needs as all of  
our group members who have  
volunteered to be mentors have had a  
real life personal experience of  
substance misuse and recovery from  
various types of addiction.

## SUPPORT FOR CHILDREN & YOUNG PEOPLE

**Perth & Kinross  
Childcare and Family  
Information Service**

Tel 0345 601 4477  
E-mail  
[childcare@pkc.gov.uk](mailto:childcare@pkc.gov.uk)  
[www.scottishfamilies.gov.uk](http://www.scottishfamilies.gov.uk)

Childcare Strategy Team  
Community Wing, Perth  
Grammar School  
Gowans Terrace  
Perth  
PH1 5AZ

Information and guidance on the wide  
range of childcare services across  
Perth and Kinross together with details  
of other services and sources of  
support available to children and  
families  
**FREE service**

**Barnardo's  
Hopscotch Project**

Almondbank House  
North Muirton  
Lewis Place  
Perth  
PH1 3BD

Tel: 01738 472 270  
Text: 07825 608 362

**FREE service**

**Barnardo's Hopscotch** provides direct  
support to children and young people  
aged 5-18yrs affected by parental  
substance misuse We do this through;  
Assessment and therapeutic  
interventions for children and young  
people  
Therapeutic group work experience  
Befriending service for children and  
young people  
Confidential counselling service for  
children and young people aged 12-18  
years  
Mentoring service for young people  
aged 12-18 years  
Hopscotch works across all of Perth  
and Kinross.

<p><b>Rowan Counselling</b></p>	<p>4 Kinnoull Street Perth, PH1 5EN</p> <p><b>Tel:</b> 01738 562 005</p> <p><a href="mailto:rowan@rowan-consultancy.co.uk">rowan@rowan-consultancy.co.uk</a></p> <p><a href="http://www.rowan-consultancy.co.uk">www.rowan-consultancy.co.uk</a></p>	<p>A face to face counselling service for children 4 – 18 years old.</p>
<p><b>Harbour Counselling</b></p>	<p>Shore Road, Perth, PH2 8BD</p> <p><b>Tel:</b> 01738 449 102</p> <p><a href="http://www.harbourperth.org.uk">www.harbourperth.org.uk</a></p> <p><b>FREE service</b></p>	<p><b>Harbour Counselling</b> offers an independent and confidential counselling service for children aged 12 years and older.</p>
<p><b>ChildLine</b> National Service</p>	<p><b>Tel: 0800 11 11</b></p> <p><a href="http://www.childline.org.uk/pages/home.aspx">www.childline.org.uk/pages/home.aspx</a></p> <p><b>FREE service</b></p>	<p><b>ChildLine</b> is a private and confidential service for children and young people up to the age of 19 years. ChildLine counsellors can be contacted about anything.</p>
<p><b>Strathmore Centre Youth Development (SCYD)</b></p>	<p>21 Leslie Street Blairgowrie,, PH10 6AH</p> <p><b>Tel:</b> 01250 872 121</p> <p><a href="mailto:scyd@btconnect.com">scyd@btconnect.com</a></p> <p><b>FREE service</b></p>	<p>SCYD offers information and services to all young people in the Strathmore &amp; Glens area and is led by young people.</p> <p>SCYD offers free advice on various issues including debt &amp; money worries, family problems, school issues, health, housing and employment.</p>
<p><b>The WEB Project / Streets Ahead CAIR Scotland</b></p>	<p>80 Princes Street, Perth, PH2 8LH</p> <p><b>Tel:</b> 01738 451 594</p> <p><b>Mobile:</b> 07714 291 800</p> <p><a href="mailto:Kirstie.howell@cairscotland.org.uk">Kirstie.howell@cairscotland.org.uk</a></p> <p><a href="http://www.cairscotland.org.uk">www.cairscotland.org.uk</a></p> <p>28 New Rd, Milnathort, KY13 9XT</p> <p><b>Tel:</b> 01577 861 608</p> <p><a href="mailto:webkinross@cairscotland.org.uk">webkinross@cairscotland.org.uk</a></p>	<p><b>The Web Project</b> provides support for young people aged 10-24 around mental health issues, sexual health education, self harm, suicidal thoughts and drug and alcohol issues.</p> <p>Also offers a parent line for advice for parents with any issues or concerns and a drop in service Mon &amp; Thurs 3:45pm– 5.00pm in Kinross.</p> <p><b>FREE service</b></p>
<p><b>The Perth and Kinross Schools Bereavement Project</b></p>	<p><a href="mailto:mail@johnbirrell.com">mail@johnbirrell.com</a></p> <p><a href="http://www.schoolsbereavement.org.uk">www.schoolsbereavement.org.uk</a></p>	<p><b>The Perth and Kinross Schools Bereavement Project</b> is collaboration between NHS Tayside, Perth and Kinross Council and Cruse</p>



<p><b>CAMHS - Child and Adolescent Mental Health Services</b></p>	<p>Intake NHS Tayside CAMHS Centre for Child Health</p> <p>19 Dudhope Terrace Dundee, DD3 6HH 01382 204004 <b><u>FREE service</u></b></p>	<p>CAMHS offers assessment and treatment for Children and Young People up to the age of 16 or 18 if they are still at school.</p> <p>Children, young people and families can access CAMHS through a wide range of workers - school, paid staff from voluntary agencies, social work, school nurse or G.P.</p>
<p><b>Educational Psychology Service</b> Perth and Kinross Council</p>	<p>Sheila Messenger Educational Psychologist Pullar House, 35 Kinnoull Street, Perth, PH1 5GD</p> <p>Tel: 01738 475 000 <a href="mailto:SMessenger@pkc.gov.uk">SMessenger@pkc.gov.uk</a> <a href="mailto:ecspsychologists@pkc.gov.uk">ecspsychologists@pkc.gov.uk</a></p>	<p>The Educational Psychology Service provides a consultation and direct support service for staff, children, young people and their families from birth to the time when young people leaves school.</p> <p><b><u>FREE service</u></b></p>
<p><b>Includem</b></p>	<p>24 hours per day 0808 800 0408 <a href="http://www.includem.org">www.includem.org</a></p>	<p>Free 24 hour helpline providing support for troubled and vulnerable young people, their family and carers.</p>
<p><b>Hopeline UK</b> (via Papyrus)</p>	<p>Mon - Fri, 10am - 5pm Sat 7pm - 10pm Sun 2pm - 5pm 0800 068 4141 <a href="http://www.papyrus-uk.org/help-advice/about-hopelineuk">www.papyrus-uk.org/help-advice/about-hopelineuk</a></p>	<p>HOPELineUK is a confidential helpline, staffed by trained professionals who give non-judgemental support, practical advice and information to (a) young people under the age of 35 feeling suicidal (b) Anyone concerned that a young person may be at risk of suicide</p>
<p><b>Samaritans</b></p>	<p>3 King's Place, Perth, PH2 8AA Tel: 116 123</p>	<p>Offers a free telephone service to high school aged children</p>

<p><b>TCA Perth Young Person's Services</b> Alcohol Tayside</p>	<p>We are around in Pitlochry and Aberfeldy Monday to Wednesday every week during term time. Our Perth office opens Monday to Friday 10am - 2pm. It may however be possible to arrange appointments out-with these days.</p> <p>Visit <a href="http://www.alcoholtayside.com">www.alcoholtayside.com</a> or contact Matt Allen <a href="mailto:matt@alcoholtayside.com">matt@alcoholtayside.com</a>. 07880 382118 or alternatively you can call our Perth office on 01738 580336</p>	<p><b>TCA Perth Young Person's Services</b> Provides an early intervention service for young people whose use of alcohol or other substances is beginning to be problematic. Our current focus is on the rural areas of Perth and Kinross, specifically the Pitlochry, Blairgowrie and Aberfeldy localities. We aim to support the young person to consider the choices they are making around alcohol and other drugs; using an approach which enables them to build on their own strengths and resources. We can offer bespoke groups for young people affected by alcohol and substance misuses please get in touch with your requirements.</p>
<p><b>Kith n Kin</b> Alcohol Tayside</p>	<p>Our Perth office is open Monday to Friday 10am until 2pm. For further information please check our web-site <a href="http://www.alcoholtayside.com">www.alcoholtayside.com</a> or Contact: Matt Allen <a href="mailto:matt@alcoholtayside.com">matt@alcoholtayside.com</a>. 07880 382118 or alternatively you can call our Perth office on 01738 580336</p>	<p>Kith n Kin is a kinship care programme working with carers and young people up to the age 18 that live in kinship care. The programme has a person centred approach and has helped the young people and the carers to build stronger relationships, build social skills and confidence, understand that there are other young people who also live in kinship care, and that they are not alone.</p> <p>(Kith n Kin runs biweekly and monthly groups as well as quarterly trips young people and the carers)</p>
<p><b>Mindspace Counselling</b></p>	<p>51 York Place, Perth, PH2 8EH Tel: 01738 631 639 Text: 07807 463 260 <a href="mailto:info@mindspacepk.com">info@mindspacepk.com</a> <a href="http://www.mindspacepk.com">www.mindspacepk.com</a></p>	<p>Mindspace offers a service for young people living in Perth aged 11-17 years and a rural young people's service for young people aged 11 – 25 years.</p>
<p><b>Winston's Wish National Service</b></p>	<p>Tel: 08452 03 04 05 <b><u>FREE service</u></b></p>	<p><b>Winston's Wish</b> offer practical support, information and guidance to all those caring for a child or young person how has been bereaved.</p>



## PRACTICAL ADVICE & INFORMATION

### Access Team Social Work and Community Care Services

Pullar House  
35 Kinnoull Street  
Perth PH1 5GD  
Tel: 0345 30 111 20  
[AccessTeam@pkc.gov.uk](mailto:AccessTeam@pkc.gov.uk)  
[www.pkc.gov.uk](http://www.pkc.gov.uk)

#### **FREE service**

**The Access Team** is the first point of contact for anyone aged 16 or over who requires support from the council's community care services such as social work or mental health.

### Welfare Rights Team

Pullar House  
35 Kinnoull Street  
Perth  
PH1 5GD  
Tel: 01738 476 900  
[welfarerights@pkc.gov.uk](mailto:welfarerights@pkc.gov.uk)  
[www.pkc.gov.uk](http://www.pkc.gov.uk)

#### **FREE service**

**The Welfare Rights Team** aims to ensure that Perth and Kinross residents are not missing out on their entitlement to benefits and other related help by providing a free, confidential and impartial benefits advice, information and appeal representation service.

### Citizens Advice Bureau

7 Atholl Crescent  
Perth  
PH1 5NG  
Tel: 01738 450 580  
**FREE service**

**Perth Citizens Advice Bureau** gives confidential and impartial advice, independent information and assistance on a wide range of issues including welfare benefits, employment, legal issues, housing, immigration and utilities.

### Independent Advocacy

90 Tay Street  
Perth  
PH2 8NP  
Tel: 01738 587 887  
[info@iapk.org.uk](mailto:info@iapk.org.uk)  
[www.iapk.org.uk](http://www.iapk.org.uk)  
**FREE service**

**Independent Advocacy** supports adults and children to find out information, explore their options, to give their views or to speak on their behalf in situations they may find overwhelming or stressful.

### PLUS Perth

77 Canal Street  
Perth PH2 8JJ  
Tel: 01738 626 242  
[plusperth@msn.com](mailto:plusperth@msn.com)

#### **FREE service**

**PLUS Perth** is led by people who have used mental health services. PLUS challenge stigma and prejudice, promotes recovery and influences positive changes within mental health services. Opportunities for individuals recovering from mental illness, to utilise their strengths and assets in contributing to the work of PLUS are also offered.

## NHS/SOCIAL WORK SERVICES

	Perth City 01738 413 070	
<b>Community Mental Health Team (CMHT)</b>	North Locality (Blairgowrie/Pitlochry) 01828 626 000	A team of multi-disciplinary staff working with individuals aged 16-64 years who are experiencing severe and/or enduring mental health problems, with an equivalent service for older adults (over 65 years).
<b>Perth and Kinross Council</b>	South Locality (Crieff/Kinross) 01764 657 120	
	<b><u>FREE service</u></b>	
<b>Out of Hours MHO Service Perth &amp; Kinross Council</b>	Murray Royal Hospital SWS Muirhall Road, Perth, PH2 7BH Tel: 01738 562280	<b>Out of Hours Social Work</b> operates from 5.00pm – 8.45am, responding To social work needs.
	Access Team Pullar House, 35 Kinnoull Street, Perth, PH1 5GD Tel: 0345 30 111 20	<b><u>FREE service</u></b>
<b>Adult Psychological Therapies Service (APTS)</b>		<b>Adult Psychological Therapies Service (APTS)</b> provides support to people with mild to moderate symptoms of psychological distress (such as anxiety or depression. GP referrals only.
<b>Acute Mental Health Team (AMHRT)</b>	Tel: 08454 24 24 24 or GP	<b>Acute Mental Health Response Team (AMHRT)</b> provides an emergency mental health assessment within 4hrs of referral, for individuals requiring immediate/crisis type support.
<b>Community Mental Health Team (CMHT)</b>	Referrals by GP only	<b>The Community Mental Health Team (CMHT)</b> provides support to individuals with severe or enduring mental health problems for people aged 16-65, with an equivalent service for older adults (over 65 years) within Older Adults Psychology service for Tayside.
<b>NHS</b>		

## SUPPORT FOR SERVING & FORMER ARMED FORCES PERSONNEL & THEIR FAMILIES

<p><b>SSAFA</b></p>	<p>131 Dunkeld Road Perth PH1 5BT Tel: 01738 625 346 <a href="mailto:perth@ssafa.org.uk">perth@ssafa.org.uk</a></p> <p><b><u>FREE service</u></b></p>	<p><b>SSAFA</b> provides practical, financial and emotional lifelong support to anyone (and their families) that is currently serving or has ever served in any of the Armed Forces.</p>
<p><b>Tayforth Veterans Project - Dundee</b></p>	<p>21b City Quays Camperdown Street Dundee DD1 3JA</p> <p>Tel: 01382 206 207</p> <p><b><u>FREE service</u></b></p>	<p><b>The Tayforth Veterans Project</b> provides support to ex-service personnel, their partners and families in accessing professional and specialised advice on a broad range of issues including mental health, housing, employment, education and training, welfare benefits and pension issues. <b>All support is offered in Dundee.</b></p>
<p><b>Combat Stress National Service</b></p>	<p>Tel: 0800 138 1619 <a href="http://www.combatstress.org.uk">www.combatstress.org.uk</a></p> <p><b><u>FREE service</u></b></p>	<p><b>Combat Stress</b> is a 24 hours helpline for the military community and their families (current, reserve and ex-service personnel) to support them through effective treatment and support for mental health problems.</p>
<p><b>Forcesline National Service</b></p>	<p>Tel: 0800 731 4880</p> <p><b><u>FREE service</u></b></p>	<p><b>Forcesline</b> is a confidential helpline that provides a supportive, listening and signposting service for serving personnel and former members of the Armed Forces and their families.</p>

## MINORITY & ETHNIC COMMUNITIES

<p><b>PKAVS Minority Communities Hub</b></p>	<p>The Gateway North Methven Street Perth PH1 5PP</p> <p><a href="http://www.pkavs.org.uk">www.pkavs.org.uk</a></p> <p>Tel: 01738 567076</p> <p><b><u>FREE service</u></b></p>	<p><b>PKAVS Hub</b> provides a range of services to minority communities, assists migrant families &amp; minority ethnic carers affected by disability, health and older age.</p>
<p><b>MECOPP – Gypsy/Traveller Carers’ Project</b></p>	<p>Louise Macaulay Tele: 07943 727 920 <a href="mailto:louise@mecopp.org.uk">louise@mecopp.org.uk</a></p> <p><b><u>FREE service</u></b></p>	<p><b>MECOPP</b> will offer support to carers within the Gypsy/Traveller communities, every Monday, Wednesday and Thursday.</p>

<b>Jewish Women's Aid</b>	Mon - Thurs, 9:30am - 4:30pm Tel: 0808 801 0500 <a href="http://www.jwa.org.uk">www.jwa.org.uk</a>	The Helpline provides information, signposting and emotional support to Jewish women who are experiencing domestic abuse, or who have done in the past.
<b>Amina Muslim Women's Helpline</b>	Mon - Fri, 10am - 4pm Tel: 0808 801 0301 <a href="http://www.mwrc.org.uk">www.mwrc.org.uk</a>	Information, advice and listening support for Muslim women
<b>Muslim Community Helpline</b>	Mon - Fri, 10am - 1pm Tel: 020 8908 6715 <a href="http://www.muslimcommunityhelpline.org.uk">www.muslimcommunityhelpline.org.uk</a>	The Muslim Community Helpline has been in operation since March 2007 and aims to provide a listening and emotional support service for members of the community in the United Kingdom.

## WEBSITES

<b>Moodjuice</b>	<a href="http://www.moodjuice.scot.nhs.uk">www.moodjuice.scot.nhs.uk</a>	A website that encourages individuals to think about emotional problems and work towards solving them.
<b>Shape of Mind</b>	<a href="http://www.shapeofmind.scot.nhs.uk">www.shapeofmind.scot.nhs.uk</a>	A self-help website offering information regarding a range of mental health issues.
<b>Moodgym</b>	<a href="http://www.moodgym.anu.edu.au/welcome">www.moodgym.anu.edu.au/welcome</a>	Learn cognitive behaviour therapy (CBT) skills for preventing and coping with depression.
<b>Moodscope</b>	<a href="http://www.moodscope.com">www.moodscope.com</a>	Moodscope allows people to track their mood online.
<b>Beating the Blues</b>	<a href="http://www.beatingtheblues.co.uk">www.beatingtheblues.co.uk</a>	Computerised CBT for people experiencing anxiety or low mood, this website can help people make the link between how they think and how this influences feelings and behaviours. Referral via a health professional only including GP's.
<b>Stress Watch Scotland</b>	<a href="http://www.patient.co.uk/leaflets/stresswatch_scotland.htm">www.patient.co.uk/leaflets/stresswatch_scotland.htm</a>	Various information related to stress and useful exercises to reduce stress.
<b>Books on Prescription</b>	<a href="http://www.nhstayside.scot.nhs.uk/bookprescription/index.htm">http://www.nhstayside.scot.nhs.uk/bookprescription/index.htm</a>	Self-help books available to borrow in Perth & Kinross libraries

## APPS

### Money Worries Crisis App

Crisis Help App (NHS Tayside)

Free mobile App signposting to appropriate sources of help and a support in a crisis, including money, benefits, housing, work and emotional crisis.

Search for 'Money Worries? Find the right help in a crisis' on Apple and Google app stores

### Tayside Suicide Help APP

[www.suicidehelp.co.uk/Tayside](http://www.suicidehelp.co.uk/Tayside)

**Tayside Suicide Help APP**

## WELL CONNECTED

Coming soon

**For amendments and updates to enclosed information, please contact:**

Mental Health Policy Officer  
Perth and Kinross Council  
Tel: 01738 476 779

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.



**PERTH &  
KINROSS  
COUNCIL**

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Community Care**