

**Man Chat**  
[manchatabz@gmail.com](mailto:manchatabz@gmail.com) Facebook - @manchatabz  
 Aberdeen community based project supporting men (and women) that suffer suicidal thoughts or poor mental health

**Pillar Kincardine** 01569 767222  
[www.pillarkincardine.org](http://www.pillarkincardine.org)  
 A local Mental Health organisation promoting better wellbeing for those who face mental health challenges: building confidence, learning new skills, connecting with others and establishing meaningful community connections

**Samaritans (24hrs, 365 days)** 116 123  
[www.samaritans.org](http://www.samaritans.org)  
 Whatever you're going through a samaritan will face it with you.

**SAMH – My Life Dynamic** 0300 1234 677  
[www.mylifedynamic.org.uk](http://www.mylifedynamic.org.uk)  
 Supporting people with mental health problems and those with autism to strengthen their self-resilience

### Community Wellbeing

**Live Life Aberdeenshire**  
[www.livelifeberdeenshire.org.uk](http://www.livelifeberdeenshire.org.uk)  
 Libraries (including computer access), Culture, Sports Facilities, Walking Groups  
 Live Life Well - supporting you to take steps to improve your health and wellbeing  
 Live Life at Home – virtual creativity and activity, including exercise videos, make & create videos and discovery centre

**Men's Shed Stonehaven & District** 01569 785617  
[www.stonehavenmensshed.co.uk](http://www.stonehavenmensshed.co.uk)  
**Portlethen & District**  
[www.portlethenmensshed.co.uk](http://www.portlethenmensshed.co.uk)

**The Haven** 07473 388198  
[www.thehaven.co.uk](http://www.thehaven.co.uk)  
 A 'not for profit' wellbeing space

### Money Matters

**Christians Against Poverty (CAP)** 0800 328 0006  
[www.capuk.org](http://www.capuk.org)  
 Support if you're struggling with debt or unemployment

**Kincardine and Mearns Citizens Advice Bureau (KAMCAB)**  
[www.kamcab.org.uk](http://www.kamcab.org.uk) 01569 766578 or 0800 028 1032

**Grampian Credit Union** 01224 561506  
[www.grampiancreditunion.co.uk](http://www.grampiancreditunion.co.uk)

**SMART Money** 01224 561506  
[www.grampianhousing.co.uk](http://www.grampianhousing.co.uk)  
 Money advice project

**The Pension Advisory Service** 0800 011 3797  
[www.pensionsadvisoryservice.org.uk](http://www.pensionsadvisoryservice.org.uk)

**Transport to Health Care** 01467 536111  
[www.thinc-hub.org](http://www.thinc-hub.org)  
 Travel advice to health or social care appointments

### Literacy Support, ESOL & Numeracy

**Community Learning and Development Teams at:- Laurencekirk, Stonehaven and Portlethen.**  
 Email: [cld@aberdeenshire.gov.uk](mailto:cld@aberdeenshire.gov.uk)

### Emergency Contact Information

**Police Scotland**  
 To report crime and other concerns 101  
 For all emergencies 999

**Scottish Fire and Rescue**  
 Free home safety visits 0800 0731 999  
 Or text 'fire' to 80800

**NHS 24** 111  
 Urgent care advice day or night and health and dental support when your GP practice or dentist is closed.

**Dental Information & Advice Line** 0345 4565 990  
**Aberdeenshire Council general enquires** 0345 608 1208  
**Scottish Hydro emergency helpline** 0800 300 999  
 (24hrs) pay-as-you-go 0800 980 0415

**National Gas Helpline** 0800 111 999  
 To report a gas or carbon monoxide emergency

**Electricity Emergency Helpline**  
 For power cuts 105  
 For power line emergencies 0800 40 40 90

**Scottish Water Freephone (24hrs)** 0800 077 8778

Aberdeenshire Community Planning Partnership  
[www.ouraberdeenshire.org.uk](http://www.ouraberdeenshire.org.uk)  
 Working together for the best quality of life for everyone in Aberdeenshire

[www.aliss.org](http://www.aliss.org)  
 ALISS (A Local Information System for Scotland) is a service to help you find help and support close to you when you need it.

**Who, Where & How**  
 to get in touch with someone  
 who can help **You**  
**Kincardine and Mearns Area**



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

## Alcohol & Drugs

**Aberdeenshire Council Community Substance Misuse Service** 0345 608 1200

**Alcohol & Drugs Action** 01224 594700  
[www.alcoholanddrugsaction.org.uk](http://www.alcoholanddrugsaction.org.uk) Freephone  
0333 3 448 355

**Alcoholics Anonymous** 0800 9177 650  
[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Narcotics Anonymous** 0300 999 1212  
[www.ukna.org](http://www.ukna.org)

## Domestic Abuse

**Grampian Women's Aid** 01224 593381  
[www.grampian-womens-aid.com](http://www.grampian-womens-aid.com)

**Scottish Domestic Abuse & Forced Marriage Helpline**  
[www.sdafmh.org.uk](http://www.sdafmh.org.uk) 0800 027 1234 (24hrs)

**Victim Support** 01224 622478  
[www.victimsupport.scot](http://www.victimsupport.scot) 0800 160 1985

## Employment

**Employment Support Team** 01467 534867  
[www.aberdeenshire.gov.uk/jobs-and-careers](http://www.aberdeenshire.gov.uk/jobs-and-careers)  
*For anyone seeking employment*

**Fair Start Scotland** 0800 049 7061  
[www.startscotland.scot](http://www.startscotland.scot)  
*Employment support to help you get ready for work and achieve your potential*

**Skills Development Scotland** 01467 623623  
[www.skillsdevelopmentscotland.co.uk](http://www.skillsdevelopmentscotland.co.uk) 0800 917 8000

## Children

**Children & Families Team Offices:**  
**Family Resource Centres:**  
Stonehaven & Portlethen: 01467 537111  
*Worried about a child or young person who may be risk or being abused 01467 537111 (9am-5pm).*  
*Out of hours support 03456 08 12 06.*  
*In an emergency phone 999 for police assistance.*

**Childline** 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)  
*Direct support to children*

**Parent Club (Scotland)**  
[www.parentclub.scot](http://www.parentclub.scot)  
*Online advice & guidance for parents and carers*

**Homestart Kincardine** 01569 767773  
[www.homestartkincardine.org](http://www.homestartkincardine.org)  
*Support for families with young children*

## Relationships

**Avenue** 01224 587571  
[www.avenue-info.com](http://www.avenue-info.com)  
*Mediation, counselling and child contact*

**Relationship Scotland** 0345 119 2020  
[www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk)  
*Relationship Counselling, family mediation and child contact*

**The SPARK** 0808 802 2088  
[www.thespark.org.uk](http://www.thespark.org.uk)  
*Counselling and relationship support*

## Older Adults

**Aberdeenshire Council Social Care Service**  
(including Out of Hours Service) 0345 6081206

**Alzheimer Scotland** 0808 808 3000  
[www.alzscot.org](http://www.alzscot.org) Free phone dementia helpline

**Kincardine & Deeside Befriending** 01569 765714  
[www.kdbefriending.org.uk](http://www.kdbefriending.org.uk)  
*Reducing social isolation and loneliness in older people*

**Mearns & Coastal Healthy Living Network** 01561 378130  
[www.mchln.org.uk](http://www.mchln.org.uk)  
*Health & wellbeing of older people*

**The Silver Line** 0800 4 70 80 90  
[www.thesilverline.org.uk](http://www.thesilverline.org.uk)  
*Helpline for older people*

## Carers Support

**Quarriers Carers Services** 01467 538700  
[www.quarriers.org.uk](http://www.quarriers.org.uk)  
*Adult & young carers advice and support*

## Access to Food

*For information on community larders, pantries & foodbanks in your area see insert or below website*  
[www.kandmcommunities.com/local-resources](http://www.kandmcommunities.com/local-resources)

## Fuel Poverty

**Home Energy Scotland Advice Line** 0800 808 2282  
[www.homeenergyscotland.org](http://www.homeenergyscotland.org)

## Housing & Homelessness

**Aberdeen Foyer (Stonehaven)** 01569 764695  
[www.aberdeenshire.gov.uk/foyer](http://www.aberdeenshire.gov.uk/foyer)

**Aberdeenshire Care & Repair** 01467 534753  
[www.aberdeenshire.gov.uk/careandrepair](http://www.aberdeenshire.gov.uk/careandrepair)

**Aberdeenshire Council Housing & Homelessness Team**  
0345 608 1203

**Houseability** 01779 490908  
[www.houseability.org.uk](http://www.houseability.org.uk)  
*Information and advice for people with a disability or health condition*

## Mental Health

**Aberdeenshire 1st Response** 0800 135 7950  
[www.penumbra.org.uk/aberdeenshire1stresponse](http://www.penumbra.org.uk/aberdeenshire1stresponse)  
(Mon – Fri, 9pm-5pm) (Penumbra)  
*short-term support when at crisis point*

**Aberdeenshire Council Support and Advice Team**  
[www.aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/community-care-services/](http://www.aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/community-care-services/)  
0345 6081206

**Advocacy North East** 01467 651604  
[www.advocacyne.org.uk](http://www.advocacyne.org.uk)  
*Support for anyone over 16 who is experiencing mental illness or disorder.*

**Breathing Space** 0800 838 587  
[www.breathingspace.scot](http://www.breathingspace.scot)  
(Mon – Thur 6pm – 2am & Fri – Mon 6pm – 6am)  
*Phoneline for anyone over 16, feeling low, anxious or depressed*