

Information, Support and Help for Older People Affected by Depression

This information aims to provide various sources of support specifically for older people in Scotland who are experiencing low mood and/or depression.

The list concentrates on key national organisations. In many cases these organisations can supply details of locally available support in their area of expertise.

Inclusion of a particular organisation in the list does not constitute a recommendation by Depression Alliance Scotland.

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If you know of a national organisation that provides support and information for Older People that is not listed below, please email info@dascot.org.

Crisis Helplines

Breathing Space

0800 83 85 87 (free and confidential help line)

www.breathingspacescotland.co.uk

Offers advice, information and support to people who are feeling stressed or down. Open every evening from 6.00pm to 2.00am and right through from 6pm Fridays to 2am Mondays.

Samaritans

08457 90 90 90 (confidential 24 hour help line)

jo@samaritans.org

www.samaritans.co.uk.

For anyone in distress, or who feels suicidal and needs someone to talk to.

Saneline

0845 767 8000.

www.sane.org.uk

Open 6.00pm to 11.00pm every day of the week. It helps and supports people with mental health problems. It also supports their families.

General Support

Advisory Committee on Telecommunications for Disabled and Elderly People

50 Ludgate Hill, London EC4M 7JJ.

0207 634 8773

Provides free information pack on telephone services for older or disabled people and their helpers.

Age Concern Scotland and Help the Aged, recently merged Causewayside House, 160 Causewayside, Edinburgh, EH9 1PR.

0845 125 9732 Helpline: Monday – Friday 10.00am – 4.00pm

0845 833 0200 for general enquiries.

enquiries@acscot.org.uk

www.ageconcernscotland.org.uk

Supports the rights and investigates the needs of older people on issues such as finance, transport, community care, benefits, leisure, housing, health, discrimination and abuse. Employs advocacy workers to support older people in speaking up for

themselves. Can supply volunteer handypersons to carry out tasks in the older person's own home. Also provides details of locally available services.

Citizen's Advice Direct

2nd Floor, 88 Bell Street Glasgow G61 1RE

0844 848 9600

www.citizensadvice.org.uk

Provides impartial and confidential advice and information of a general nature.

Crossreach

Charis House, 47 Milton Road East, Edinburgh EH15 2SR

0131 657 2000

info@crossreach.org.uk

www.crossreach.org.uk

Provides care and support in a number of service areas including mental health and the needs of older people. Crossreach is part of the Church of Scotland but its services are available to everyone.

Scottish Helpline for Older People (SHOP)

160 Causewayside, Edinburgh EH9 1PR

0845 125 9732 Helpline Monday – Friday 10.00am – 4.00pm

www.olderpeoplescotland.co.uk

Provides information service for people aged 50 and over and also to families and carers on a range of issues affecting older people.

Advocacy

Scottish Independent Advocacy Alliance

Melrose House, 69a George Street, Edinburgh EH2 2JG

0131 260 5380

www.siaa.org.uk

Offers independent advocacy to any vulnerable person in Scotland. Can advise on locally available resources.

See also: General Support – Age Concern Scotland

Alcohol and Drugs

Alcohol Focus Scotland

0141 572 6700

www.alcohol-focus-scotland.org.uk

Provides information leaflets on alcohol and related problems.

Alcoholics Anonymous

PO Box 1, Stonebow House, Stonebow, York YO1 7NJ

0845 769 7555 – a 24 hour helpline costed at local rates for anyone who has a problem with alcohol.

Know the Score

Freepost, PO Box 4000, Glasgow G3 8XX

0800 587 5879. Freephone available 24 hours

www.knowthescore.info

Offers information to the general public about drugs and their effects and can advise on support available in your area.

Bereavement

Cruse Bereavement Care Scotland

Riverview House, Friarton Road, Perth PH2 8DF

01738 444 178

info@crusescotland.org.uk

www.crusescotland.org.uk

Offers free confidential counselling and support to anyone experiencing difficulty with the grieving process.

Carers

Carers Scotland

91 Mitchell Street, Glasgow G1 3LN

0808 808 7777 Free helpline

0141 211 9141 for general enquiries

info@carerscotland.org

www.carerscotland.org

Provides advice to carers on a range of issues such as benefits, health services, legal issues, balancing caring with working. Can advise on locally available services.

Crossroads (Scotland)

0141 353 6504

www.crossroads-scotland.co.uk

Provides advice and practical support to both the carer and the cared for person. Details of local schemes for carers are available from the helpline.

NHS Carers Helpline

0808 808 7777. Open 9.00am – 8.00pm every day.

www.carers.gov.uk

Gives advice to carers and can advise on financial help available. Will provide details of local carers' groups and contact points for national organisations.

The Princess Royal Trust for Carers

Charles Oakley House, 125 West Regent Street, Glasgow G2 2SD.

0141 221 5066

infoscotland@carers.org

www.carers.org

Provides information, support and advice to carers and groups. Can supply details of locally available support.

Counselling (general)

Supportline

020 8554 9004

www.supportline.org.uk

info@supportline.org.uk

Confidential helpline offering emotional support to any individual on various issues including abuse, stress, addiction, phobia, health, particularly aimed at those who are socially isolated, vulnerable or at risk. Also keeps information on other support groups, agencies and counsellors throughout the UK.

British Association of Counselling

0870 443 5252 to find a counsellor in your area or www.bacp.co.uk

British Association for Behavioural & Cognitive Psychotherapies

0161 797 4484 to find a cognitive behavioural therapist in your area or www.babcp.com

Disabled People

Capability Scotland

11 Ellersly Road, Edinburgh EH12 6HY

0131 313 5510

ascs@capability-scotland.org.uk

www.capability-scotland.org.uk

Supports and works with disabled people of all ages and their families and carers.

Royal National Institute for the Blind (RNIB)

12-14 Hillside Crescent, Edinburgh, EH7 5EA

0303 123 9999 Helpline

rnibscotland@rnib.org.uk

www.rnib.org.uk

Offering immediate, expert and confidential support to blind and visually impaired people

Royal National Institute for the Deaf (RNID)

Empire House, 131 West Nile Street, Glasgow, G1 2RX

Telephone: 0141 341 5330

Textphone: 0141 341 5347

rnidscotland@rnid.org.uk

www.rnid.org.uk

Offers a wide range of services, including communication, information, care and employment services for deaf and hard of hearing people in Scotland, as well as their families and others who work with them.

Sense Scotland

43 Middlesex Street, Kinning Park Glasgow G41 1EE

0141 429 0294

info@sensescotland.org.uk

www.sensescotland.org.uk

Advises and supports people with deafblindness, sensory impairment, learning disability and physical disability.

Your Call

0808 801 0362 – freephone

Confidential counselling to disabled adults by disabled adults in Scotland. Appointments Line open Monday – Tuesday 11.00am – 3.00pm and Wednesday 11.00am – 1.00pm.

Finance

Scottish Debtline

0800 138 3328

www.scottishdebtline.co.uk

A charity offering free and confidential services from budgeting advice to practical debt management.

Housing

Counsel and Care

Twyman House, 16 Bonny Street, London NW1 9PG.

0845 300 7585 – advice line at local rates

0207 2418 555 – general enquiries.

advice@counselandcare.org.uk

www.counselandcare.org.uk

Advice and information to people over 60 and their carers, friends and relatives on issues like community care, NHS care, care homes and suitable accommodation.

Elderly Accommodation Counsel

3rd Floor 89 Albert Embankment, London SE1 7TP

0207 820 1343

enquiries@eac.org.uk

www.eac.org.uk

Provides advice to older people on finding options about suitable accommodation.

Scottish Commission for the Regulation of Care

0138 220 7100

www.carecommission.com

Responsible for registering and inspecting care services in Scotland.

See also: General Support: Age Concern Scotland and Help the Aged

Medical Resources

NHS 24

0845 242424.

www.nhs24.com Provides immediate medical advice

Mental Health

Alzheimer Scotland

22 Drumsheugh Gardens, Edinburgh EH3 7RN.

0808 808 3000 – 24 hour dementia helpline.

0131 243 1453 – other enquiries.

Alzheimer@alzscot.org

www.alzscot.org

Provides support and advice to people with dementia and their families and carers. Can provide details of locally available services.

Depression Alliance Scotland

11 Alva Street, Edinburgh EH2 4PH.

0854 123 2320 or 0131 467 3050 – Helpline open Monday, Tuesday, Thursday & Friday 10am to 2pm.

info@dascot.org or ask@lookokfeelcrap.org

www.dascot.org or www.lookokfeelcrap.org

Offers confidential support and information to people affected by depression and to their families and friends. Provides community support groups in Edinburgh, Glasgow, Dundee and Inverness.

National Schizophrenia Fellowship (Scotland)

Unit 6 Newington Business Centre, Dalkeith Road Mews,
Edinburgh EH16 5GA.

0131 662 4359

info@nsfscot.org.uk

www.nsfscot.org.uk

Provides support and advice to people affected by schizophrenia and other mental illnesses and to their families and carers. Can provide details of locally available services.

Scottish Association for Mental Health,

Cumrae House, 15 Carlton Court, Glasgow G5 9JP

0141 568 7000 Monday – Friday 2.00pm – 4.40pm

enquire@samh.org.uk

www.samh.org.uk

Offers support, accommodation, employment and rehabilitation to people who experience mental health problems, homelessness, addictions and any form of social exclusion.

Turning Point Scotland

54 Govan Road, Glasgow G51 1JL

0141 427 8200

info@turningpointscotland.com

www.turningpointscotland.com

Provides advice and support to people experiencing a range of health problems including Huntington's, early onset dementia, and mental health difficulties. Also provides various specifically targeted services at local level in some parts of Scotland.

Relationships

Grandparents Apart Self Help Group

22 Alness Crescent, Glasgow G52 1PJ

0141 882 5658

www.grandparentsapart.co.uk

Provides support for grandparents who have lost contact with their grand-children through separation and divorce.

Social Support

Befriending Network (Scotland)

Limited, 45, Queensferry Street Lane, Edinburgh EH2 4PF

0131 225 6156

info@befriending.co.uk

Offers reliable support through volunteers to people who may be socially isolated such as those with mental ill-health or some elderly people. Can advise on locally available schemes.

Contact the Elderly in Scotland.

0800 716 543

www.contacttheelderly.org.uk

Uses local volunteers to pick up people aged 75 or over and who live alone. They take them to the home of a volunteer where the host and guest spend a few hours together.

Violence

Action on Elder Abuse

0808 808 8141

enquiries@elderabuse.org.uk

www.elderabuse.org.uk

Works to protect and prevent the abuse of vulnerable older adults. Offers advice, support and guidance to older people and other concerned individuals.

Age Concern Scotland Elder Abuse Project

Crichton Hall, The Crichton, Bankend Road, Dumfries DD1 1LL
0138 724 4300

ann.ferguson@acsscot.org.uk

www.ageconcernscotland.org.uk

Campaigns to raise awareness of elder abuse and access to free confidential advice.

Rape Crisis Scotland

46 Bath Street, Glasgow G2 1HG

0808 801 0302 helpline open 6pm – midnight

www.rapecrisisscotland.org.uk

Provides counselling, information, advice and support to survivors of sexual violence whenever it occurred. Can provide details of local centres.

Scottish Domestic Abuse Helpline

0800 027 1234. Open 24 hours

www.scottishwomensaid.org.uk

Free confidential helpline offering support to people affected by domestic abuse.

Victim Support Scotland

131 -141 Saltmarket, Glasgow G1 5LF

0845 603 9213 Monday – Friday 8.30am – 4.30pm

www.victimsupportsco.org.uk

Provides advice to victims, witnesses and others about the criminal justice procedure, personal safety and information about appropriate agencies. Also provides a listening service and can give support to victims of crime.

Can provide details of locally available support.