



**Confidential local help and national services available from a variety of sources to support you, your family or someone you care about.**

Join the **Glen Urquhart Health Walk Group** for exercise, getting outdoors and company. When restrictions allow the group meet every Tuesday at 2pm  
Tel: **0751 445 2783**

The local, free, Befriending Service is for everyone, regardless of age, who is feeling isolated or lonely. You can either request a befriender or volunteer to become a befriender. Email: [befriender@glenurquhartcareproject.org](mailto:befriender@glenurquhartcareproject.org) or call: **0774 857 5330**

Food insecurity and reducing food waste - food larders are in bus shelters in Drumnadrochit, Cannich & Struy. You can swap, donate or take provisions as needed. If you need extra provisions please phone or text (confidentially) on: **07842 781 986**

Help with shopping, pharmacy delivery, and meal delivery service contact The Glens Community Helpline call: **0751 631 7180**

The Highland Council helpline provides advice on benefits and personal support, education and social care, signpost you to other organisations that can provide help and assistance. Advice for businesses who may need help with financial support is also available. Helpline: **0300 303 1362** or visit The Highland Council Website <https://www.highland.gov.uk/coronavirus/highlandhelpline>

For concerns about a vulnerable adult call Adult Protection Concern helpline: **0800 902 0042** (office hours) out of office hours/holiday periods call: **0845 769 7284**

Concerns about a child—call the Police on **999** if a child is at immediate risk of harm. If you feel that a child /young person may be at risk emergency contact **0845 769 7284** <https://hcpc.scot/>

If you are concerned that someone is in immediate danger call **999**. If you can try to establish the person's name, contact details and location.

If you are concerned for someone's mental health, advise them to call **NHS 24 on 111** or speak to their GP. The route into formal mental health services is through a GP surgery. If the person discloses that they are already in receipt of support for their own mental health they should be directed to link in with that pre-existing support.

**Samaritans – 116 123** (free and does not show on a phone bill)

**Breathing Space – 0800 83 85 87** - sometimes our thoughts and feelings can overwhelm us - we're here to listen.

**Mikey's Line – 0778 620 7755** suicide prevention & raising wider awareness about mental health issues.

**National Scottish Domestic Abuse Helpline – 0800 027 1234**

**LGBT Helpline Scotland - 0300 123 2523**

**Childline – 0800 1111** or <https://www.childline.org.uk/>

**CRUSE Bereavement Care Scotland – 0845 600 2227**

### **On-line self-help and support:**

Drumnadrochit Mindfulness Group – currently offered through digital meetings, relaxation and mindful meditation <https://drummindfulness.wordpress.com/calendar/>

<https://clearyourhead.scot/> Great tips to help get through these difficult times.

<https://www.highlandmentalwellbeing.scot.nhs.uk/> A collection of resources compiled by NHS Highland to support mental wellbeing

<https://www.samh.org.uk/information-service> you can talk to their Information team about mental health on **0344 800 0550**. If you urgently need help SAMH have put together a list of organisations who can help if you need to speak to someone <https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub/seeking-support>

**There is help out there - you don't have to feel alone!**