

## Emergency Numbers/Coping Resources

Alcoholic Anonymous	0800 9177 650
Amina	0808 801 0301
Base 75	0141 276 3981
Breast Cancer Helpline	0808 800 00 00
Breathing Space	0800 838 587
Cope	0141 944 5490
Cruse	0845 600 2227
Cruse (younger people)	0845 600 2227
Domestic Violence Helpline	0800 027 1234
Drink line	0800 731 4314
UK National Drugs Helpline	0800 7766
Frank	0300 123 6600
Glasgow Council on Alcohol	0141 353 1800
Lone Parent Helpline	0808 801 0323
NHS Out of Hours	111
Tom Allen Centre	0141 221 1535
Samaritans	116 123 call free 0141 248 4488 Local call number 0330 094 5717