

Resource Guide

This guide contains some of the areas that you might need to strengthen and specific resources that can help you improve those areas. If you know the exact name of these organisations, you can locate their phone number or address by calling directory assistance or looking in the business section of a telephone directory. If you do not know the organisations exact name, you search and find many resources using the internet and search engines such as Google or Bing.

A few resources available in each city to find general information and assistance are:

- The information desk at your local public library
- Citizens Advice Centre]
- Your church or clergy

Area	Subcategory	Resources
Body	Physical	City, council, qualified health centres, clinics and hospitals
	Mental	Psychiatry departments within hospitals Local mental health associations Family service centre's Crisis – telephone contacts
	Substance abuse	Local council on alcohol and drugs Substance abuse treatment programmes AA, NA Al Anon, and so on
	Dental	City, health centre, local council, private dental practices Dental hospital
	Vision	City, optometry centres, clinics.
Education	Literacy/General Education	Community Colleges
	Student loans	Welfare Rights, Community College or University Office
	Career Guidance	Local Library, Employability Programmes.
	General Information	Admissions office at community collages or universities.

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Work	Job training	Local or city-wide career/training centres Colleges & University
	Job leads	Local or city-wide career/training centres Local news papers Online search
Family	Marital or family counselling	Local mental health association Family services Church, counselling through your place of worship
	Child counselling	Local mental health association School counsellor or Social work department
	Domestic Violence; Child Abuse, Neglect or Sexual Abuse	Local mental health association Women's Rights Centre Women's Aid Police Victim Support Abused Men In Scotland (AMIS) Child protection services
Money	Budget/debt	Welfare rights support
	Public transportation	Support service's (may be able to provide temporary support)
	Utility assistance	Health Improvement Teams/Fuel Grants
Play	Organised sports or area parks and swimming pools.	City parks departments Local Museums GP concessionary gym passes. Sponsored activities