
















Support Category	Organisation	Criteria	Support Provided	Contact Details	COVID Implications
Advocacy		Adults and young people who experience mental health and/or addiction problems and are resident in the community or in hospital in West Lothian, or in HMP Addiewell.	Individual and collective advocacy. Support with meetings, appointments, housing issues, benefit, criminal issues, carer issues and more	Telephone: 01506857230 Email: admin@mhapwl.org Visit website: Mhapwl.org	Online and over the phone support available
Alcohol Misuse	Alcoholic Anonymous 	Desire to stop drinking, stay sober and help others achieve sobriety	Supports people to reduce alcohol misuse. AA meetings at various locations	National help line: 08009177650 Visit website: alcoholics-anonymous.org.uk	Option for online AA groups – further information on website.
Alcohol Misuse		Anyone impacted by Alcohol misuse.	Prevention and treatment services. Housing support and outreach services for homeless clients. Based on referrals. Alcohol advice consultation and counselling Offenders service assessment counselling, for alcohol related problems.	Telephone: 0141 887 0880 Website: Rcatrust.org.uk Email: INFO@RCATRUST.ORG.UK	Online and over the phone support available



<p>Alcohol and Drug Misuse</p>		<p>For people affected by drinking or drug use. This includes friends, family members, carers etc who are concerned about someone else</p>	<p>Services Include Rehabilitation, Information, Counselling, support for young people, family support,</p>	<p>Phone line: 01506430225</p> <p>Visit website: wldas.com</p>	<p>Offices closed due to COVID-19 Phone line hours changed Mon – Fri 8:30am – 05:00pm Saturday 09:00-12:30pm</p>
<p>Alcohol and Drug Misuse</p>		<p>Families affected by parental drug and or alcohol use</p>	<p>Recover from substance misuse. Managing child behaviours. Improving school attendance. Managing children’s behaviour.</p>	<p>Telephone: 07703714764</p> <p>Visit website: https://circle.scot/</p>	<p>Minimum face-face contact. Services available online.</p>
<p>Alcohol and Drug Misuse</p>		<p>Anyone who wants to engage with recovery activities after substance misuse.</p>	<p>1:1 support work provided. Support with relapse prevention, coping strategies and life skills. Additional groups include Rehab programme and wellness sessions</p>	<p>Telephone: 01506353453 09:30-16:30 Mon-Fri</p> <p>Email: wrecovery@cgil.org.uk</p>	<p>No face-face drop-in services. Assessments and refs completed on tel. Groups running online. Support provided for people who don’t have online devices.</p>
<p>Autism spectrum disorder</p>	 <p>Number 6 – one-stop shop</p>	<p>Autistic adults who are 16 and over and do not have a learning disability, and live in the Lothian or the Scottish Borders.</p>	<p>1:1 appointments to discuss Employment, housing and benefits. Group activities provided that include anxiety, creative writing, diagnosis peer support and more.</p>	<p>Telephone 09:30am – 5pm Mon- Fri 07570953331</p> <p>Email number6@aiscotland.org.uk Visit Website https://www.number6.org.uk</p>	<p>No calls on landline number please use mobile 07570953331</p> <p>1:1 Sessions available, only one group running.</p>



<p>Autism spectrum disorder</p>		<p>Individuals of all ages on the autistic spectrum as well as parents' careers and professionals.</p>	<p>Provides valuable info on address key health and wellbeing changes as well as practical advice. Topics include Diagnosis, Education, Employment, Positive living and Parenting. Opportunity to work towards recognised qualifications. Day service</p>	<p>Complete online registration form on scottishautism.org</p> <p>Head office 0125972044</p> <p>Advice Line 01259222022</p>	<p>Online and telephone support provided</p>
<p>Befriending</p>		<p>For people over 18 who want to improve or manage their mental health and wellbeing by spending time with a peer volunteer that has their own experiences of mental health recovery.</p>	<p>Peer volunteer provided to support with tools and techniques. Support lasts up to 6 months.</p>	<p>Telephone: 01506 637 572 0131 663 1616 Mob. 07745 780419</p> <p>Referrals can be made through</p> <p>Email: Lynn.Walker@health-in-mind.org.uk</p>	<p>No face to face contact. Services on telephone and online basis</p>
<p>Befriending (under 18)</p>	 <p>Youth Action Project</p>	<p>For young adults age 10-21 yrs who are isolated and experiencing mental health and wellbeing issues.</p>	<p>Befriending on a 1:1 basis for 3 weeks (2/3 hour sessions once a week)</p>	<p>Telephone 01506 431430 09:00am-06:00pm</p> <p>Email: office@wlyap.org.uk</p> <p>Website: wlyap.org.uk</p>	<p>Providing intensive food deliveries to families in the community during COVID-19</p>




<p>Benefits and Debt</p>	<p>The Advice Shop</p> 	<p>Anyone worried about their finances.</p>	<p>Corona virus financial advice/support, financial wellbeing, benefits advice, money and debt advice, gas/electric/energy money saving advice, volunteering information,</p>	<p>Telephone: 01506 283000</p> <p>Email: advice.shop@westlothian.gov.uk</p> <p>Visit Website: https://www.westlothian.gov.uk/adviceshop</p>	<p>No face to face appointments. Email & telephone support still available.</p>
<p>Benefits</p>		<p>Anyone looking for information/advice on benefits/eligibility/how to claim</p>	<p>Benefits advice, support to claim benefits, information on how to claim.</p>	<p>Telephone: 01506 432977</p> <p>Visit website: https://www.cabwestlothian.org.uk/</p>	<p>Support available via telephone or webchat. No face-face appointments currently.</p>
<p>Bereavement</p>		<p>Anyone (children and adults) affected by bereavement</p>	<p>Emotional support Bereavement care helpline. Bereavement support volunteers.</p>	<p>Tel: 0808-808-1677 Mon-Fri 9:30am- 05:00pm</p> <p>Email : helpline@cruse.org.uk</p> <p>Visit website: Crusescotland.org.uk</p>	<p>Telephone and video support available.</p>
<p>Bereavement</p>		<p>Adults who have experienced loss and bereavement.</p>	<p>6 week bereavement support group programme.</p>	<p>Telephone: 01506238980</p> <p>Website Bridgecommunityproject.org.uk</p>	<p>All courses postponed due to COVID19</p>

<p>Bereavement (Suicide)</p>		<p>Adults who have been bereaved by suicide.</p>	<p>Talking support through helpline and email support.</p> <p>Support groups once a month.</p> <p>Peer-peer support on online community forum.</p>	<p>Telephone: 0300-111-5065 Everyday 09:00am-09:00pm Email: edinburghsobs@gmail.com Visit website Uksobs.org</p>	<p>Groups now on virtual platforms.</p>
<p>Bereavement (Suicide)</p>		<p>Support families and individuals affected by suicide. (16 years and over)</p>	<p>Listening services via telephone and face to face. Signposting. Support groups</p>	<p>Telephone 07446717501 Email: neilshugsfoundation@gmail.com Website: www.neilshugsfoundation.com</p>	<p>Over the phone support available.</p>
<p>Bereavement (stillbirth or miscarriage)</p>		<p>Parents who have experienced the death of a baby through miscarriage, still birth or soon after birth.</p>	<p>Practical and emotional. Provide baby bereavement counselling. Befriending by trained volunteers. Group support including grandparent bereavement support, pregnancy support, baby and toddler support and more.</p>	<p>Telephone: 0131-622-6263 Email: info@heldinourhearts.org.uk Website: Healdinourhearts.org.uk</p>	<p>All support groups are running on zoom.</p>



<p>Bereavement (miscarriage)</p>	 <p>MISCARRIAGE ASSOCIATION The knowledge to help</p>	<p>Anyone affected by miscarriage, ectopic pregnancy or molar pregnancy.</p>	<p>Support from volunteers who have experienced pregnancy loss themselves. Live chat services on website, email support and telephone volunteers. Support groups.</p>	<p>Telephone: 01924 200799</p> <p>Email: info@miscarriageassociation.org.uk</p> <p>Website: Miscarriageassociation.org.uk</p>	<p>Support groups via zoom.</p>
<p>Black & Minority Ethnic Community</p>		<p>Anyone from the Black & Minority Ethnic Community</p>	<p>Mental health listening service Zoom Sport activities Digital connectivity support Connection with community and culture Culturally appropriate food</p>	<p>Telephone: 07960030941</p> <p>Email: info@passion4fusion.com</p> <p>Website: passion4fusion.com</p>	<p>Only online and over the phone support available.</p>
<p>Black & Minority Ethnic Community</p>	 <p>MECOPP</p>	<p>Black and minority ethnic carers who provide care for adults aged 16+.</p> <p>Reside in Edinburgh and Lothians</p>	<p>Provide multilingual advice Advocacy work and case work support -Recreational, social and therapeutic activities Health living programmes' -Dementia support group (Chinese Community) Women voices project for Gypsy/Traveller community -Jump start project- For Chinese people aged 40+ who want to improve health and wellbeing.</p>	<p>Telephone: 0131 426 2994- Main line</p> <p>0131 467 2996- Chinese Language Line</p> <p>0131 467 2997- Asian Language Line</p> <p>Mon to Thur – 9am-5pm Fri – 9am-4pm Visit website: Mencopp.org.uk</p>	<p>Telephone support only running dementia group due to people not having privacy at home for zoom group – support still being given on a 1-1 basis via telephone.)</p>



<p>Bain injury</p>		<p>Individuals over the age of 16 who live in West Lothian and who have a physical disability and/or acquired brain injury.</p> <p>Referrals can be made by any professionals involved in care.</p>	<p>CRABIS provides multi-disciplinary assessment and rehabilitation within the home or community setting.</p>	<p>Telephone: 01506 284440 Option 2</p> <p>Visit Website: https://services.nhslothian.scot/neuropsychology/Who%20are%20we/CRABIS%20Neuropsychology/Pages/default.aspx</p>	<p>Information service through phone but most support will be done face to face if necessary.</p>
<p>Carers</p>		<p>Unpaid carers for those with physical or learning disabilities.</p>	<p>Support workers, training, short breaks, support groups, young people's service, counselling</p>	<p>Telephone: 01506 448000</p> <p>Visit website: www.carers-westlothian.com</p>	<p>Service running on virtual platforms and over the telephone. Current support includes;</p> <ul style="list-style-type: none"> Government funding available for carers for extra support during lockdown. Activity nights on zoom. Benefits advice clinic on Microsoft Teams with an advisor from <i>The Advice Shop</i>. Power of Attorney Clinics via Zoom/Whatsapp delivered by <i>Blackadders Solicitors</i>. Various social / support groups delivered online. (Not currently)

<p>Central Eastern European Community</p>		<p>Individuals part of the Central Eastern European Community</p>	<p>Provides culturally sensitive psychological support (therapy, group therapy and self development workshops) Support for polish victims of domestic abuse. Leith conversation cafe. Mother and toddler group. EU settlement scheme support</p>	<p>Telephone 07510122425</p> <p>Email: info@feniks.org.uk</p> <p>Referrals: referrals@feniks.org.uk</p> <p>Website: Feniks.org.uk</p>	<p>Services provided online and over the phone.</p>
<p>Childhood Abuse and Trauma</p>		<p>Support for survivors of childhood abuse and trauma.</p>	<p>Confidential support provided to survivors. Specialised services works towards empowerment of survivors.</p> <p>Trauma Counselling provided.</p> <p>EMDR/EFT service provided in assisting survivors with traumatic memories and flashbacks.</p> <p>Befriending and group support also available.</p>	<p>Telephone: 01324 630100</p> <p>Email: info@wellbeingscotland.org</p> <p>Website: Wellbeingscotland.org/services/open-secret-falkirk</p>	<p>All appointments by telephone and video call.</p>




<p>Childhood Abuse and Trauma</p>	 <p>Health in Mind</p> <p>Trauma Counselling Line Scotland</p>	<p>Anyone aged over 16 who has experienced abuse in their childhood.</p>	<p>Telephone and video counselling. Weekly appointments provided. Service provided in various languages.</p> <ul style="list-style-type: none"> - French - Polish - Urdu - Punjabi - Luanda 	<p>Telephone: 08088 02 04 06</p> <p>Email: Counselling@health-in-mind.org.uk</p>	<p>Online and telephone services.</p>
<p>Chronic Pain</p>	 <p>West Lothian Fibromyalgia</p> <p>Charity Number SC034293</p>	<p>For sufferers of fibromyalgia their friends and anyone with an interest of this condition.</p> <p>Individuals with a diagnosis of Myalgic Encephalopathy also welcome.</p>	<p>Support and self help group. Regular meetings allowing individuals to socialise and exchange experience and advice.</p> <p>Group membership is £5 per year.</p>	<p>Telephone: 07931355495</p> <p>Email: secratarywlfibro@gmail.com</p> <p>Website: www.sites.google.com/site/wlfibromyalgia/home</p>	<p>No face to face groups. Support provided on telephone, zoom and email.</p>
<p>Crime</p>	 <p>aas</p> <p>action against stalking</p>	<p>Support provided to victims of stalking.</p>	<p>Work alongside various agencies and accredited professionals to offer psychological support for victims. To develop resilience.</p> <p>Signposting provided to other support agencies where appropriate.</p>	<p>Stalking helpline: 0800 820 2427</p> <p>Email: support@actionagainststalking.org.uk</p> <p>Website: Actionagainststalking.org</p>	<p>Helpline support provided.</p>




<p>Crime</p>		<p>All victims of reported and reported crime</p>	<p>Emotional support provided.</p> <p>Practical help - information about the criminal justice system and support at court.</p> <p>Free helpline.</p>	<p>Telephone: 01506 635050</p> <p>Email: <u>Victimsupport.westlothian@victimsupport.org.uk</u></p> <p>Helpline: 0800 160 1985</p> <p>Website: <u>Victimsupport.scot</u></p>	<p>Over the phone services provided.</p> <p>Further information on court cases available on website.</p>
<p>Counselling</p>		<p>Adults over the age of 18 living in West Lothian.</p>	<p>Generic counselling to individuals.</p> <p>Counselling fees are affordable as contribution is based on income.</p>	<p>Telephone: 01506238980</p> <p>Website <u>Bridgecommunityproject.org.uk</u></p>	<p>All services online and over the phone.</p>
<p>Dementia / Alzheimer's</p>		<p>Friends and family impacted by Alzheimer's/dementia & people living with Alzheimer's/dementia.</p>	<p>Confidential helpline & dementia cafes for people living with dementia and impacted family/friends.</p> <p>Free self help resources.</p>	<p>National Helpline: 0808 808 3000</p> <p>Visit website: <u>https://www.alzscot.org/</u></p>	<p>Free 24 hour dementia helpline (telephone listed in contact details section.)</p> <p>Information on website listed under <i>Coronavirus Information Hub</i> section on website.</p>
<p>Disability</p>		<p>This service is for people in the Lothian's who are living with, or are carers for a person with, a disability or long term condition</p>	<p>Supports people with disabilities and older adults to live independently within their communities.</p>	<p>Telephone: 0131 475 2350 or 0131 475 2554</p> <p>Email: <u>lcil@lothiancil.org.uk</u></p> <p>Visit Website: <u>www.lothiancil.org.uk</u></p>	<p>Many supports can be accessed through the phone, although some services are face to face.</p>



<p>Domestic abuse</p>		<p>Support for women children and young people who have experienced domestic abuse.</p>	<p>Women's support work- Information services. Housing and resettlement support. Out of ours support for women staying in their accommodation services. Activities to boost skill and confidence. Children's support work- Emotional support, creative play, holiday play schemes and trips. Temporary living accommodation.</p>	<p>Telephone: 01506 413 721 Monday-Friday 9am-4pm</p> <p>Email: info@wlwa.org.uk</p> <p>Website: Wlwa.org.uk</p>	<p>phone Line support available</p>
<p>Domestic abuse</p>	 <p>Shakti -Womens Aid</p>	<p>Support provided to black minority ethnic women, children and young people who are, or who have experienced, domestic abuse.</p> <p>Support available in various languages interpreter services also provided</p>	<p>Women's service- Key workers provided. Support provided through listening, provide safety, explain options and rights, empower and more.</p> <p>Children and young people's service- Practical support provided by specialist children workers.</p> <p>Refuge – A safe place to stay consisting Of 4 self contained flats. Support offered to arrange other safe housing through councils and housing association.</p>	<p>Telephone: 0131 475 2399</p> <p>Email: info@shaktiedinburgh.co.uk</p> <p>Website: Shaktiedinburgh.co.uk</p>	<p>No face-face support. Support provided through telephone, WhatsApp and facetime.</p>


<p>Domestic abuse</p>	 <p>Domestic And Sexual Abuse Team (DASAT)</p>	<p>Support to adult or children who have experienced domestic or sexual abuse.</p>	<p>Tailored support for adult survivors of domestic abuse and sexual assault. Specialist support available for substance misuse and or mental health difficulties. Child support service- (5-16 years old) allows opportunity to explore process and recover from experiences of domestic abuse. Young female service-(14-25 yrs) for females who have experienced sexual abuse.</p>	<p>Email: dasat@westlothian.gov.uk</p> <p>Telephone: 01506 281055</p> <p>Office hours Monday-Friday 9am-5pm</p>	<p>Support provided on a telephone and online platform.</p> <p>Home visits only available for high risk service users</p>
<p>Domestic Abuse</p>	 <p>Abused Men In Scotland</p>	<p>Men who have or are experiencing domestic abuse</p>	<p>National helpline available.</p>	<p>Helpline Number: 03300 949 395</p> <p>Open every weekday from: 9am -4pm</p>	<p>Online support available.</p>
<p>Domestic Abuse</p>		<p>Support provided for: -Perpetrators of domestic violence looking for help to stop. - Concerned friend's family members and workers.</p>	<p>Advisors listen without judgement and offer honest advise to help stop violence</p>	<p>Phone line 0808 802 4040 Monday-Friday 9am-8pm</p> <p>Web chat support Respectphoneline.org.uk Wednesday, Thursday & Friday 10-11am and 3-4pm</p>	<p>Online support continuing as usual.</p>




<p>Eating Disorders</p>		<p>Individuals who have an eating disorder. No known age restrictions as has a youth helpline.</p>	<p>Supports people to challenge their eating disorder. Telephone and online support available.</p>	<p>Helpline: 0808 801 0677 Youth Helpline: 0808 801 0711 Visit website: www.beateatingdisorders.org.uk</p>	<p>Options for online or telephone support.</p>
<p>Employment</p>		<p>Anyone of working age within West Lothian.</p>	<p>Offers 1:1 support and group support Workshops include: -Skills and effective job searching -Wellbeing workshop -Prepare a professional CV -Women N2Work -Introduction to customer service</p>	<p>Telephone : 0800 032 9768 Email: access2employment@westlothian.gov.uk Visit Website: https://www.westlothian.gov.uk/access2employment</p>	<p>Online or telephone support available.</p>
<p>Family Support</p>		<p>Parents with young children</p>	<p>Family support: Volunteers with 1st hand parenting experience matched with families to offer support on a weekly basis. Families who receive this support must have one child under the age of 5.</p> <p>Group work: Family support groups across west Lothian.</p>	<p>Telephone : 01506 415755 Email: admin@homestart.org.uk Visit Website: Homestartwl.org.uk</p>	<p>Support provided through phone and on-line conferencing platform.</p>

<p>Family Support</p>		<p>Support and advice to anyone with child protection concerns & parents/families supporting children who have faced abuse</p>	<p>National telephone support, online resources/reading materials on website.</p>	<p>National Helpline: 0808 800 5000 Helpline for 18 years & under: 0800 1111 Visit website: https://www.nspcc.org.uk/ (Covid info): https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/</p>	<p>Telephone support and online resources still available as normal.</p> <p>New section added to website; 'Coronavirus Advice'. This section offers lots of support/advice regarding the many implications of living/parenting/caring in lockdown.</p>
<p>Family Support</p>	<p>Parentline</p> 	<p>Children, parents & carers living in Scotland.</p>	<p>Telephone support, web chat & email support available on website, text support, online reading materials on website.</p>	<p>National Helpline: 08000 28 22 33 Text line: 07860 022844 Email: parentlinescotland@children1st.org.uk Visit website: https://www.children1st.org.uk/help-for-families/parentline-scotland/</p>	<p>Same support still available.</p>
<p>Family support</p>	<p>Children & Family Services</p> 	<p>Children aged 5-18 who have experienced life circumstances that have impacted on their wellbeing.</p> <p>Provides intensive support for children, parents & families. Intensive support &</p>	<p>Art therapy, therapeutic play, counselling, advocacy, befriending & group support.</p>	<p>Telephone: 01324 630 100 Visit Website: https://www.wellbeingScotland.org/services/children-and-families-services-falkirk</p>	<p>Still delivering services remotely via telephone or video call.</p>


		awareness-raising for children & young people around: parental or family separation, bereavement, bullying, domestic/sexual/physical abuse, family illness, isolation due to ethnicity or religion.			
Financial Wellbeing		Adults over the age of 18 living in West Lothian.	Support to enable mental, emotional and financial resilience and wellbeing. Money advice and budgeting support.	Telephone: 01506238980 Website <u>Bridgecommunityproject.org.uk</u>	All services online and over the phone.
Gambling Support		Anyone affected by problem gambling.	Provides confidential information advice and support.	National helpline: 0808 8020 133 Live chat, group chat and online forum available on Gam Care website. <u>Gamcare.org.uk</u>	Online/ telephone support.
Gambling Support		Anyone impacted by Gambling addiction	Group meetings Counselling Working in partnership with gam care and part of national gambling treatment service.	Tel: 0141 887 0880 Website: <u>Rcatrust.org.uk</u> Email: <u>INFO@RCATRUST.ORG.UK</u>	Only online and over the phone support available.

<p>Housing</p>	<p>Kharis Court Housing Support</p> 	<p>Men & women aged 16-25 who are homeless. No one with serious drug/alcohol problems. Will deal with people who have mild alcohol/cannabis use.</p>	<p>Residential housing support service with 24 hour support, individual support worker per resident. Support includes: help on tenancy issues, group work, special interests, topical discussions, sport, outings, house meetings, learning and recreation.</p>	<p>Telephone: 01506 634395</p> <p>Visit website: www.bethanychristiantrust.com</p>	<p>Still operating fully – all housing fully occupied currently. Experiencing a lot of delays with tenancies since Covid.</p>
<p>Housing</p>		<p>People aged 16-25 who are homeless or at risk of being homeless.</p>	<p>1-1 support workers, mentors, mediation, health & wellbeing support. Regular evening clubs such as cooking club, employability drop-in, and short educational courses. Long-term support for young people with very complex needs, such as those leaving care, emergency support for young people in crisis, a helping hand for young people who are struggling to access an expensive and competitive rental market.</p>	<p>Visit website: https://www.rocktrust.org/</p> <p>Telephone: 01506 591860</p>	<p>Health & Wellbeing virtual groups (i.e. yoga, arts)</p> <p>Housing support for highest support needs – don't fit in with the normal model of being ready for housing (addiction, etc) Rock Trust secure housing first and then support from there – for people who are high need and complex who won't fit into mainstream housing support (Long term).</p> <p>Supported flats for young homeless people to get them out of hostel living. Ability to learn independent living skills. (low-medium needs)</p>




					<p>Nightstop service – people that housing officers don't want to put in b&b's. Volunteers who are trained offer a room for service users to stay. Usually would be for a few days. Now with covid guidance is saying it should be for 1 week, but its sometimes ending up 4-5 weeks. Covid is causing huge delays with people not getting evicted from council housing which then causes delays for those in nightstop. No face to face visits unless deemed essential. Using telephone support or Facetime/Whatsapp for video call.</p>
<p>Housing</p>		<p>West Lothian council tenants or anyone looking to get into West Lothian Council housing.</p>	<p>Practical help with: Benefit claims/management of finances, Correspondence, Moving into accommodation/resettlement, Engaging with welfare services/professionals, Advice on maintaining the home, Keeping a safe and secure home.</p>	<p>Telephone: 01506 280000</p> <p>Visit website: https://www.westlothian.gov.uk/housing</p>	<p>Still operating the same: service available via website and over the telephone.</p>




<p>Housing</p>	<p>Moving into Health (Homeless Help Team)</p> 	<p>People in West Lothian who are homeless and experiencing mental health issues. Accepting referrals from GP, council, health or social care professionals, family or self.</p>	<p>Flexible outreach service to those who are concerned about their health and are homeless in West Lothian. Access mental health assessments, help people access mainstream services, co-ordinate care.</p>	<p>Telephone: 01506 282809 / 01506 282810</p> <p>Visit website: www.westlothianhscp.org.uk/article/3013/Homeless-Health</p>	<p>Currently working remotely. Weekly telephone support available.</p>
<p>Housing</p>	<p>The Cyrenians Farm</p> 	<p>People aged 16-30 who have been, are currently or are at risk of being homeless.</p>	<p>Offers a safe, stable, and secure environment where young people can live, learn & develop together. It is a working farm as well as housing a small community of young people, many of them with experiences of homelessness.</p>	<p>Telephone: 0131 333 1392</p> <p>Visit website: cyrenians.scot</p>	<p>Still operating the same as pre-covid with appropriate PPE and safety measures in place.</p>
<p>Learning Disability</p>		<p>Children and adults who have learning difficulties. Support also provided for families and carers.</p>	<p>Personalised self-Directed support provided for adults and children with learning disabilities.</p> <p>Helpline support available for areas including Accessing benefits Managing money bills Planning short breaks.</p>	<p>Visit Website: https://www.enable.org.uk/</p> <p>Livingston & District Branch Phone Number/ Helpline: 0300 0200 101</p> <p>Email: enable.livingston@gmail.com</p>	<p>Support carried out through zoom for employability. Face to face support still being done for people who need support with independent living.</p>



			<p>Adult support Supports people with learning disability to achieve what they want to in life e.g. support to live independently, support in the community and support to work.</p> <p>Children and young person support- Enable works – support young persons with learning disability to try different jobs and gain new skills.</p> <p>Family and Carers support- Groups and committees available to share experiences and gain peer support.</p> <p>Planning for the future- Support for carers to plan for the future when they are no longer able to care for them.</p>		
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<p>LGBTQI+</p>		<p>Individuals in the Lesbian Gay, Bisexual, transgender, non-binary, queer, intersex, asexual community and all queer identities.</p>	<p>LGBT Helpline- emotional and practical support for victims of hate crime.</p> <p>Lothian trans support programme- For trans and non binary people in Scotland. Confidential and free support to help along your transition. Individual support provided. Trans community group, events and activities.</p> <p>LGBT refugee project- individual, practical and social support available. Digital support includes providing mobile phones and data top ups to keep in touch online.</p> <p>Rainbow families- Support and events for families</p> <p>LGBT age- Individual and social support available for LGBT+ people aged 50+. A weekly check in email to help with connectedness to the community.</p> <p>Wellbeing events and activities.</p> <p>Counselling- Free counselling service.</p>	<p>Helpline: Tue & Wed 12-9pm Thur & Sun 1-6pm 0300 123 2523</p> <p>Central line: 0131 564 3907</p>	<p>No face to face support all services available on email, video platforms and telephone.</p>
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<p>LGBTQI+</p>		<p>Young people in the LGBTQI+ community between the ages of 12-25 years old.</p>	<p>Digital support- Live chat feature on website to chat to trained youth workers. You can access chat through email or using the website.</p> <p>Glitter cannons, Local youth group- Based in west Lothian for individuals ages 12-25 years old.</p>	<p>Telephone: 0131 555 3940</p> <p>Email info@lgbtyouth.org.uk</p> <p>Website lgbtyouth.org.uk</p> <p>Live chat running times: Mon- 2pm-8pm Wed-4pm to 8pm Thur- 6PM-8PM</p>	<p>All services on an online platform.</p>
<p>Older Adults</p>		<p>Adults aged 55+ living in West Lothian only.</p>	<p>Support to access community groups, peer support sessions, mindfulness/relaxation, opportunities to get active (gentle exercise), opportunities to learn new skills/talents, volunteering opportunities.</p>	<p>Visit website: www.health-in-mind.org.uk</p> <p>Telephone: 01506 637572</p>	<p>No groups running currently. Support still available online or by telephone.</p> <p>Telephone support – 1-1 sessions around tackling mental health/anxiety for over 55's. Trying to use Zoom, but experiencing a lack of engagement from service users due to age range. Had funding for iPads for service users recently. Waiting list at capacity.</p>

<p>Older Adults</p>	<p>Independent advocacy service</p> 	<p>Adults aged 65+. Adults over the age of 16 with the following:</p> <ul style="list-style-type: none"> - Physical disability - Acquired brain injury - Learning disability / on autism spectrum - Stroke survivors 	<p>Advocate on people's behalf (act as a "voicebox"). Attend meetings or appointments with/on behalf of service users. Assist service users writing letters, emails or making phone calls. Take forward any issues that are important to service users, their care or their future.</p>	<p>Telephone: 01506 205 840</p> <p>Visit website: www.ears-advocacy.org.uk</p>	<p>Still fully operating, including face to face appointments. Now prioritising cases with factors pertaining to the Mental Health Act/Adult Protection.</p>
<p>Older Adults</p>		<p>Adults aged 60+.</p>	<p>Telephone support, one-one support to build confidence around something specific, accompaniment/introduction to local groups or social activities, groups.</p>	<p>Visit website: https://cyrenians.scot/how-we-help/129-older-people-active-lives</p> <p>Telephone: 01506 815 815</p>	<p>Currently offering virtual groups, telephone support and postal activity packs in place of their face to face support.</p>
<p>Pregnancy</p>		<p>Anyone suffering due to pregnancy and child birth</p>	<p>Long term counselling 10 sessions delivered via zoom. Wait list currently closed and open in late March.</p> <p>Fast trak counselling- available for clients who are experiencing difficulties in a current pregnancy in their third trimester. Or who are making a decision about continuing a pregnancy for any reason.</p>	<p>Website: www.counselingandcare.co.uk</p> <p>Telephone: 0131 557 2060</p> <p>Email: info@counselingandcare.co.uk</p>	<p>Services offered online.</p>

<p>Relationships</p>		<p>Specialist relationship support for individuals in the west Lothian area.</p>	<p>-Individual counselling -Couples counselling -Relationship counselling -Marriage counselling -Counselling for children Youth counselling. Counselling fees can be discussed further for individuals with financial difficulties.</p>	<p>Telephone : 0808 802 2088</p> <p>Visit Website: www.thespark.org.uk/relationship-support-for-couples-individuals/local-counselling-locations/spark-counselling-livingston/</p> <p>Enquiry from also on website.</p>	<p>All support provided through phone consultations or on zoom.</p>
<p>Support Groups</p>		<p>Anyone looking for support with life matters including mental health.</p>	<p>Peer-peer social support through groups. Men Matter Group- Tuesday Women Matter Group- Thursday. Other activities: Bingo for men and women- Wednesday. Quiz for men and women- Friday.</p>	<p>visit menmatterandwomenmatter on facebook.</p> <p>Telephone: 07843429401</p>	<p>All groups on online platforms.</p>
<p>Under 18</p>	<p>Children & Young People Team</p> 	<p>Provide supports to those in the 5 - 16 age brackets and their families</p>	<p>To provide early intervention and preventative supports to those referred to the service in order to help maximise their potential and promote positive relationships between children, young people, their parents and schools</p>	<p>Contact Number: 01506 284440 (Option 4)</p> <p>Visit Website: https://westlothianhscp.org.uk/article/29354/Children-and-Young-People-Team</p>	<p>Support carried out through telephone and face to face support.</p>

<p>Under 18</p>		<p>Young adults ages 11-24 years old, experiencing difficulties with family, school, anxiety, depression, anger or just need someone to talk to.</p> <p>!Counselling waiting list closed due to high demand check website for updates!</p>	<p>Counselling sessions.</p> <p>Online self help resources and podcasts.</p>	<p>Telephone: 01506 239 290</p> <p>Email: info@smilecounselling.org.uk</p> <p>Website: Smilecounselling.org.uk</p>	<p>Currently no support available due to closure of wait list. Visit website for updates.</p>
<p>Veterans</p>		<p>Veterans who have served at least 1 day in any of the armed forces (including reserves)</p>	<p>Support to adapt to civilian life, physical/mental health, housing, substance use, family/relationships, employment and lifelong learning.</p>	<p>Telephone: 0131 221 7090 or 0131 220 9920</p> <p>Email: V1P.Scotland@nhslothian.scot.nhs.uk</p> <p>Visit Website: https://www.veteransfirstpoint.org.uk/</p>	<p>Most services ran through phone support or Microsoft Teams but can make exceptions if there is a clear clinical need.</p>