

Resources while you wait

Organisation	Information	How to make contact
Your GP	Ask My GP	Health Centre
NHS 24	is available to provide urgent care, advice and mental health support, day or night. Phone 111, every day, 24 hours a day	111 www.111.nhs.uk
Community Mental Health Team	email: shet.mentalhealth@nhs.scot	01595 743006
Samaritans	is a voluntary organisation that offers support to anyone in distress	116 123 (freephone) www.samaritans.org email: jo@samaritans.org
Breathing Space	offers a free, confidential phone service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.	0800 838587 www.breathingspacescotland.co.uk
Relationships Scotland	provides relationship and family support. They offer counselling and family mediation.	0345 119 2020 www.relationships-scotland.org.uk
The Compass Centre	provides free and confidential support and information to anyone, of any gender (age 13+), in Shetland affected by any form of sexual violence. This includes survivors, as well as family, friends and supporters.	01595-747174 www.compasscentre.org 11 Hill Lane, Lerwick, Shetland, ZE1 0HA Centre Open Hours: 9am-1.30pm (Mon-Thurs)
Shetland Women's Aid	offers counselling, advice and support to women, young people and children, in relation to domestic abuse.	01595-692070 www.shetlandwa.org

Shetland Bereavement Support Services	offer free and confidential support for people experiencing grief. The service is open to children and adults	01595-743933 www.shetlandbereavementsupportservice.com Market House, 14 Market Street, Lerwick, ZE1 0JP
The Advocacy People	provides independent Advocacy Services	0330 440 9000 info@theadvocacypeople.org.uk
Silver Cloud	an online Cognitive Behavioural Therapy (CBT) programme offering assistance with stress, resilience, Covid and sleep	wellbeing.silvercloudhealth.com/signup Access code: Scotland2020
Directory for other local organisations	Services ALISS (click on this link if accessing online or type the following URL into a browser: https://www.aliss.org/services/?page=2&postcode=ZE1%200ET	