

Home & Family



Foodbanks

- [Citizens Advice Scotland](#) 01506 432977
- [The Advice Shop](#) 01506 283 000

Family Support

- [West Lothian Social Work](#) 01506 777777
Out of Hours 01506 777401 or 777402
- [NSPCC](#) helpline 0808 800 5000
- [Action For Children](#) 01506 433736
- [Educational Psychology Service](#)
Support line 01506 283130
Mon/Wed/Fri 9.30am-12.30pm

Domestic Abuse

- [Women's Aid](#) 01506 413721
- [Domestic Abuse & Sexual Assault Team](#)
01506 281055

House & Home

- [West Lothian Council](#) 01506 280000
- Out of Hours Homeless Assistance
0800 032 3450
- [Shelter Scotland](#) 0808 8000 444
- [Homeaid](#) 01506 652 230

Health & Wellbeing



COVID-19 Helpline

- 0800 028 2816

[West Lothian Drug & Alcohol Service](#)

- 01506 430 225

[Alcoholics Anonymous](#) 24 hour helpline

- 0845 769 755

[Narcotics Anonymous](#)

- 0300 999 1212

[Breathing Space](#)

- 0800 83 85 87

Scottish Government

- www.clearyourhead.scot

Samaritans

- www.samaritans.org.uk
- 0845 790 9090

Scottish Association for Mental Health

- www.samh.org.uk

Sources of Support
Click on links to go
straight to websites

Finance



[Citizens Advice Bureau](#) 01506 432977

[West Lothian Credit Union](#)

[Apply for Free Meal Entitlement & Clothing Grant](#)

Teens



- [Young Scot](#)
- [Young Minds](#)
- [Childline](#) 0800 111
- [West Lothian Night Stop](#) 01506 591860
- [Youth Inclusion Project](#) 01506 282535
- [Youth Action Project](#) 01506 431430