

Information and Advice



Families & Relationships

ChildLine

0800 11 11

www.childline.org.uk

Free helpline for children and young people.

Stepfamily Scotland

0845 122 8655

www.stepfamilyscotland.org.uk

Helpline provides information, advice and support for people in stepfamilies.

Family Mediation Scotland

0845 119 2020

www.familymediationscotland.org.uk

Can help with advice on arguments at home.

Money, benefits, law

Jobcentre plus

www.jobcentreplus.gov.uk

For information on benefits, find your nearest job centre and social security office.

Citizens Advice Bureau

If there's a CAB shop near you, you can just pop in. You can find out where the nearest one is at: www.cas.org.uk – They offer free advice on housing, money, the law, etc.

National Debt Line

0808 808 4000

Housing and Homelessness

The Council

The housing department can tell you all about housing options in your area. They can also tell you about other services that might help you. If you don't know where they are / the number, check in the phone book.

Scottish Council for Single Homeless

www.leavinghome.info – The online guide to leaving home and housing for young people in Scotland. Has lots of web links and phone numbers.

Shelter

0808 800 4444 – Shelter's free housing advice helpline. See also: www.shelter.org.uk

Scottish Federation of Housing Associations

0131 556 5777 or www.sfha.co.uk – can tell you about housing associations in your local area.

Miscellaneous

Get connected

0808 808 4994

www.getconnected.org.uk

They talk to you to find out what you need to know, and then connect you, for free, to the right organisation.

Young Scot

www.youngscot.org

For young people aged 12-26.

Young Scot Info Line

0808 801 0338

www.youngscot.org/infoline

Free and confidential advice for young people on health, housing, money & jobs.

Samaritans

08457 90 90 90

jo@samaritans.org