



Sometimes life throws us **problems**

Sometimes there are **solutions**

Sometimes there are **things we can do**

Sometimes we just need someone to **listen**

COPE has been listening since **1991**

We are **listening** still

You matter, we care

Please text **07763 743 296**, or call **0141 944 5490** and leave a message with your name and number or email admin@cope-scotland.org and one of the team will call you back.

COPE phone number can come up as withheld, but it is us.

Useful Numbers

- **Alcoholics Anonymous** | T: 0800 9177 650
 - **SOBS (Bereaved by Suicide)** | T: 0300 111 5065
 - **Breathing Space** | T: 0800 83 85 87
 - **Blue Cross for Pets** (Support following the death of a pet) | T: 0800 096 6606
 - **Campaign Against Living Miserably CALM (Men)** | T: 0800 585858
 - **CAS** | www.cas.org.uk/bureaux/glasgow-central-citizens-advice-bureau
 - **Childline** | T: 0800 1111
 - **Child Bereavement UK** | T: 0141 352 9995
 - **CHSS Advice Line Nurses** | T: 0808 801 0899
 - **Domestic Abuse and Forced Marriage Helpline** | T: 0800 027 1234
 - **Families Affected by Murder and Suicide (FAMS)** | T: 07736 326 062
 - **Gamblers Anonymous Scotland** | T: 0370 050 8881
 - **Gambling Helpline** | T: 0808 8020 133
 - **Hopeline UK (people under 35)** | T: 0800 068 41 41
 - **LGBT Helpline** | T: 0300 123 2523
 - **LGBT Youth Text** | T: 07786 202 370
 - **One Parent Families Scotland Helpline** | T: 0808 801 0323
 - **Parent Line** | T: 08000 28 22 33
 - **The Samaritans** | Free Phone Tel: 116 123
 - **Silverline (older people)** | T: 0800 4 70 80 90
 - **Shelter** | T: 0808 800 4444
 - **Text: SHOUT** to 85258 in the UK to text with a trained Crisis Volunteer.
 - **Universal Credit Helpline** | T: 0808 169 9901
- A new helpline has been set up to act as a single point of contact for anyone seeking or offering help during the COVID 19 pandemic in Glasgow. The helpline is currently open Monday to Friday, 9am – 5pm and can be contacted by:
- Telephone: 0141 345 0543
E-mail: helpline@gcvs.org.uk
Twitter: @GlasgowCVS