**RESOURCE LIST (updated December 2015)**

This list contains information about organisations which may be able to help you.

If you are experiencing regular emotional distress, talking to your GP is often a good step to take. Your GP should have some understanding of the difficulties you are experiencing and be aware of the various options available to you.

In any health emergency outside of surgery hours you can call NHS 24 Scotland free of charge on **111**,or visit the A&E department at your nearest hospital.

***Abuse and domestic violence***

**Scottish Domestic Abuse** [**http://www.sdah.scot/index.php**](http://www.sdah.scot/index.php)

**Helpline 0800 027 1234**

Telephone information and support to anyone affected by domestic abuse or forced marriage. Open 24 hours a day 365 days a year.

**AMIS (Abused Men in Scotland)** [**http://www.abusedmeninscotland.org/**](http://www.abusedmeninscotland.org/)

**Helpline** **(Mon-Fri 9am-4pm)** **0808 800 0024**

Confidential information and support for any man affected by domestic abuse and for friends/family who may be concerned about a loved one.

**Men’s Advice Line: Helpline 0808 801 0327 (Mon-Fri 9am-5pm)**

[**http://www.mensadviceline.org.uk/pages/who-we-are-advice.html**](http://www.mensadviceline.org.uk/pages/who-we-are-advice.html)

A confidential helpline for any man experiencing domestic violence and abuse from a partner (or ex-partner).

**Dundee Women’s Aid** [**http://www.dundeewomensaid.co.uk/**](http://www.dundeewomensaid.co.uk/)

**Enterprise House, 45 North Lindsay Street, Dundee DD1 1PW**

**Support line** **01382 207099 (Mon-Fri 9.30-12.30 and 1.30-4.30pm except Thurs 9.30-12.30)**

Confidential, non-judgemental service to women, young people and children who have experienced domestic abuse.

**Broken Rainbow UK** [**http://www.brokenrainbow.org.uk/help/helpline**](http://www.brokenrainbow.org.uk/help/helpline)

**Helpline 0300 999 5428 (see website for opening times)**

**Confidential information, advice and support for members of the LGBT community who are experiencing domestic violence.**

**Respect Phoneline 0808 802 4040 (Mon-Fri 9am-5pm)** [**http://www.respectphoneline.org.uk/pages/who-we-are-phoneline.html**](http://www.respectphoneline.org.uk/pages/who-we-are-phoneline.html)

Confidential, anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner.

**Hemat Gryffe Women’s Aid** [**http://www.hematgryffe.org.uk/**](http://www.hematgryffe.org.uk/)

**24 HR emergency service 0141 353 0859**

**Specialist support for women from the Asian, Black and Minority Ethnic community who experience domestic abuse.**

**Amina Muslim Women’s Resource Centre**

**Freephone Helpline Scotland 0808 801 0301 (Mon-Fri 10am-4pm)** [**http://www.mwrc.org.uk/home/4575275818**](http://www.mwrc.org.uk/home/4575275818)

Providing advice, information and support services to enable Muslim women to live better and safer lives, free from discrimination and abuse.

**Jewish Women’s Aid** [**http://jwa.org.uk/**](http://jwa.org.uk/)

**Free Helpline 0808 801 0500 (9.30am-9.30pm Mon-Thurs)**

**Support, advice and information for Jewish women in abusive relationships. A**lso offer advice and information to concerned family and friends.

**Eighteen and Under** [**http://www.18u.org.uk/**](http://www.18u.org.uk/)

**1 Victoria Road, Dundee DD1 1EL. (Mon-Fri 9am-5pm and some Sats)**

**Freephone 0800 731 40 80**

**Confidential support and information to any young person, aged 18 and under, who has experienced sexual, physical or emotional abuse.**

**Trauma Counselling Line Scotland (TCLS) 08088 020406 (see website for times)**

[**http://www.health-in-mind.org.uk/services/counselling/tcls.html**](http://www.health-in-mind.org.uk/services/counselling/tcls.html)

Free, confidential telephone counselling for any adult living in Scotland who experienced abuse as a child, including sexual, emotional, physical, psychological, spiritual abuse or neglect.

***Alcohol and Drugs***

**Addaction Dundee Direct Access Service**

[**http://www.addaction.org.uk/service-finder.asp?section=98&itemid=273**](http://www.addaction.org.uk/service-finder.asp?section=98&itemid=273)

**Unit 6, Nethergate Business Centre, Dundee DD1 4ER**

**Tel: 01382 206888 (see website for opening times)**

Free, confidential advice in relation to drug and/or alcohol use.

**TCA (Tayside Council on Alcohol)** [**http://www.alcoholtayside.com**](http://www.alcoholtayside.com)

**50 Constable Street, Dundee DD4 6AD. Tel: 01382 456012**

Free counselling service for anyone affected by problem drinking, gambling problems, cannabis and prescription drugs issues.

**Alcoholics Anonymous** [**http://www.alcoholics-anonymous.org.uk/**](http://www.alcoholics-anonymous.org.uk/)

**National helpline 0800 9177 650**

Website with information for individuals who wish support in abstaining from alcohol. See website for details of support group meetings in Dundee area.

**Al-Anon Family Groups UK and Ireland** [**http://www.al-anonuk.org.uk/**](http://www.al-anonuk.org.uk/)

**Helpline 020 7403 0888**

Support for anyone whose life is, or has been, affected by someone else’s drinking.

See website for details of support group meetings in Dundee area.

**Drinkline (Scotland)** [**http://www.drinksmarter.org/**](http://www.drinksmarter.org/)

**Helpline (8am-11pm seven days a week) 0800 7 314 314**

Confidential advice and information about drinking and alcohol issues.

**Dundee City Council Social Work Department** [**http://www.dundeecity.gov.uk/socialwork/drug/**](http://www.dundeecity.gov.uk/socialwork/drug/)

**Constitution House, 55 Constitution Road, Dundee DD1 1LB. Tel: 01382 424503** The Drug, Alcohol and Blood Borne Virus (BBV) Social Work team provide a service for individuals, families and carers whose lives are affected by blood borne virus (HIV/Hep C) and/or a drug and alcohol dependency.

**Know the Score** [**http://knowthescore.info/**](http://knowthescore.info/)

**Helpline (8am-11pm seven days a week) 0800 587 587 9**

Free, confidential drugs advice and information (Scotland).

***Anxiety and Panic***

**No More Panic** [**http://www.nomorepanic.co.uk/**](http://www.nomorepanic.co.uk/)

Useful website with information for sufferers and carers of people with panic, anxiety, phobias and obsessive compulsive disorders (OCD).

**The Site.org**

[**http://www.thesite.org/mental-health/anxiety-ocd-and-phobias/help-me-with-my-anxiety-5601.html**](http://www.thesite.org/mental-health/anxiety-ocd-and-phobias/help-me-with-my-anxiety-5601.html)

An online guide to life for 16-25 year-olds in the UK, providing non-judgmental support and information on any issue including anxiety.

***Autism***

**Scottish Autism** [**http://www.scottishautism.org/**](http://www.scottishautism.org/)

**Autism advice line 01259 222 022 (Mon-Fri 9.30am-4pm)**

Website with advice and information about services throughout Scotland for children, young people and adults who are living with autism.

Compulsive Disorders (OCD). for suffererssorders (OCD). for sufferers

***Bereavement***

**Cruse Bereavement Care Scotland** [**http://www.crusescotland.org.uk/**](http://www.crusescotland.org.uk/)

Bereavement support to people throughout Scotland. For more information call support line **0845 600 2227.**

**Insight Counselling, Dundee** (see also under counselling below)

[**http://www.insightcanhelp.co.uk/counselling/people-bereaved-by-suicide/**](http://www.insightcanhelp.co.uk/counselling/people-bereaved-by-suicide/)

**Number 10, 10 Constitution Road, DD1 1LL. Tel: 01382 305706**

Support for people bereaved by suicide.

***Counselling***

**University of Abertay Dundee Student Counselling Service** [**https://intranet.abertay.ac.uk/services/studentservices/counselling/**](https://intranet.abertay.ac.uk/services/studentservices/counselling/)

Free, confidential counselling service available to all matriculated students at UOA.

**University of Abertay Dundee Employee Counselling Service**

[**http://www.rowan-consultancy.co.uk**](http://www.rowan-consultancy.co.uk)Counselling provided by Rowan Consultancy which is free to individual members of University of Abertay staff. This is a completely confidential service. For an appointment ring **01738 562005.**

**Insight Counselling, Dundee** [**http://www.insightcanhelp.co.uk/**](http://www.insightcanhelp.co.uk/)

**Number 10, 10 Constitution Road, DD1 1LL. Tel: 01382 305706**

A registered charity which offers a confidential counselling service. Donations are voluntary and no-one is refused counselling if unable to donate.

**Mindspace** [**http://mindspacepk.com/counselling-service/**](http://mindspacepk.com/counselling-service/)

**51, York Place, Perth PH2 8EH. Tel: 01738 631639 (Mon-Fri 9am-3.30pm)**

Counselling for people aged 11 years and older who are facing a wide range of difficulties.

**The Spark** [**http://www.thespark.org.uk/**](http://www.thespark.org.uk/)

**Free Helpline 0808 802 2088 (Mon-Thurs 9am-9pm: Fri 9am-5pm: Sat 10am-2pm)**

A confidential service providing support to people across Scotland who are experiencing relationship difficulties.

**Rowan Counselling** [**http://www.rowan-consultancy.co.uk**](http://www.rowan-consultancy.co.uk)

**4 Kinnoull Street, Perth PH1 5EN. Tel: 01738 562005**

Rowan provides private face-to-face and telephone counselling and psychotherapy by appointment throughout Scotland.

**Taynet** [**http://www.taynet.org.uk/**](http://www.taynet.org.uk/)

A network of counsellors in private practice in North Fife and Tayside.

***Crime***

**Victim Support Scotland** [**http://www.victimsupportsco.org.uk**](http://www.victimsupportsco.org.uk)

**Scottish Helpline 0345 603 9213 (Mon - Fri 8am to 8pm)**

Frree confidential support to all people affected by crime

**Police Scotland** [**http://www.scotland.police.uk/contact-us/**](http://www.scotland.police.uk/contact-us/)

Dial **999** in an emergency. For all non-emergencies and general enquiries call **101.**

**Scotland Crimestoppers** [**https://crimestoppers-uk.org/in-your-area/scotland/**](https://crimestoppers-uk.org/in-your-area/scotland/)

**Tel: 0800 555 111**

Call anonymously with information about crime.

***Depression***

**Breathing Space** [**http://breathingspace.scot/**](http://breathingspace.scot/)

**Free Helpline 0800 83 85 87 (Mon-Thurs 6pm-2am: Fri 6pm – Mon 6am)**

Support for people who are feeling worried or down and need someone to talk to.

**Students Against Depression** [**http://studentsagainstdepression.org/**](http://studentsagainstdepression.org/)

Offers information and resources validated by health professionals, alongside tips and advice from students who have experienced it all themselves.

**Action on Depression** [**http://www.actionondepression.org/**](http://www.actionondepression.org/)

Information and resources for people affected by depression.

**Living Life to the Full** [**http://www.llttf.com/**](http://www.llttf.com/)

Free, online self-help life skills course offering a new approach to combating depression.

**NHS 24 Living Life** [**http://www.nhs24.com/UsefulResources/LivingLife**](http://www.nhs24.com/UsefulResources/LivingLife)

**0800 328 9655 (Mon-Fri 1pm-9pm)**

Free telephone intervention and support for anyone over the age of 16 who is suffering from low mood, mild to moderate depression and/or anxiety.

***Eating Disorders***

**Beat Adult Helpline** [**http://www.b-eat.co.uk/**](http://www.b-eat.co.uk/)

**0345 634 1414 or email** [**help@b-eat.co.uk**](mailto:help@b-eat.co.uk)

Support and information for anyone over 18 about eating disorders and difficulties with food, weight and shape.

**Beat Youthline** [**http://www.b-eat.co.uk/**](http://www.b-eat.co.uk/)

**0345 634 7650 or email** [**fyp@b-eat.co.uk**](mailto:fyp@b-eat.co.uk)

Support and information for young people aged 25 and under who need support and information about eating disorders and difficulties with food, weight and shape.

**MBEEDS (Scotland)** [**http://www.mbeedsscotland.org/**](http://www.mbeedsscotland.org/)

For men and boys who suffer from or have suffered from eating, exercise and body image disorders.

***Family issues***

**ParentLine (Scotland)** [**http://www.children1st.org.uk/what-we-do/our-services/search-our-services/parentline-scotland**](http://www.children1st.org.uk/what-we-do/our-services/search-our-services/parentline-scotland)

**Helpline 08000 28 22 33 (7 days a week, 365 days a year - Mon-Fri 9am-10pm: Sat &Sun 12noon-8pm)**

Confidential helpline providing advice and support to anyone caring for or concerned about a child.

**Home-Start Dundee** [**http://www.homestart-dundee.org.uk/**](http://www.homestart-dundee.org.uk/)

**30 Whitehall Street, Dundee DD1 4AF. Tel: 01382 202040**

Friendly and confidential support for parents, with at least one child under 5 years.

**One Parent Families Scotland** [**http://www.oneparentfamiliesscotland.org.uk/**](http://www.oneparentfamiliesscotland.org.uk/)

**Helpline Freephone 0808 801 0323 (Mon-Fri 9.30am-4.30pm)**

Website provides information and support to all lone parent families.

**Family Mediation Tayside** [**http://www.familymediationonline.co.uk/**](http://www.familymediationonline.co.uk/)

**21 Dock Street, Dundee DD1 3DP. Tel: 01382 201 343 (see website for contact details for Fife area)**

Supports parents, children and the wider family through change, particularly where this has occurred as a result of relationship difficulties, separation, or divorce.

***Gambling***

**Gamblers Anonymous Scotland** [**http://www.gascotland.org/**](http://www.gascotland.org/)

**Helpline (open 24hrs)** **0370 050 8881**

Help and support for people who want to do something about their gambling problem. See website for details/times of local meetings throughout Scotland.

***HIV/Aids***

**Dundee City Council Social Work Department (Drug, Alcohol and BBV Team)** [**http://www.dundeecity.gov.uk/socialwork/drug/**](http://www.dundeecity.gov.uk/socialwork/drug/)

**Constitution House, 55 Constitution Road, Dundee DD1 1LB. Tel: 01382 424503** Support, advice, information and counselling for people who are HIV-positive, or those who are affected by HIV/AIDS.

**Terence Higgins Trust Scotland** [**http://www.tht.org.uk**](http://www.tht.org.uk)

**Dundee Office, Swan House, Explorer Road, DD2 1GB. Tel: 01382 561839 (Mon-Fri 9.30am-5.30pm)**

**Also THT Direct Helpline 0808 802 1221 (Mon-Fri 10am-8pm)**

Information, advice and support for people with HIV and sexual health problems.

**HIV AWARE** [**http://www.hivaware.org.uk/**](http://www.hivaware.org.uk/)

Website of the National AIDS Trust which provides reliable, trustworthy information about HIV.

Bottom of Form

***Intercultural/specific ethnic resources***

**Amina Muslim Women’s Resource Centre**

**Freephone Helpline Scotland 0808 801 0301 (Mon-Fri 10am-4pm)** [**http://www.mwrc.org.uk/home/4575275818**](http://www.mwrc.org.uk/home/4575275818)

Providing advice, information and support services to enable Muslim women to live better and safer lives, free from discrimination and abuse.

**Muslim Community Helpline** [**http://muslimcommunityhelpline.org.uk/**](http://muslimcommunityhelpline.org.uk/)

**0208 904 8193 or 0208 908 6715 (Mon-Fri 10am-1pm)**

A confidential, non-judgemental, listening and emotional support service for members of the Muslim community in the UK.

**Dundee International Women’s Centre** [**http://www.diwc.co.uk/**](http://www.diwc.co.uk/)

**Unit 9, Manhattan Business Park, Dundonald St., DD3 7PY. Tel: 01382 462058**

DIWC provides educational, recreational, informal and social activities as well as employment training, information and advice services for disadvantaged and or/excluded women and young women from over eighty countries.

**Friends International Dundee** [**http://www.friendsinternational-dundee.org.uk/pages/dundint.htm**](http://www.friendsinternational-dundee.org.uk/pages/dundint.htm)

See website for details of all social events and activities taking place in Dundee specifically for international students who would like to make new friendships.

**Chinese Mental Health Association** [**http://www.cmha.org.uk/**](http://www.cmha.org.uk/)

**Zenith House, 155 Curtain Road, London EC2A 3QY. Tel: 020 7613 1008**

See website for information about services offered.

***LGBT resources***

**LGBT Youth Scotland** [**https://www.lgbtyouth.org.uk/**](https://www.lgbtyouth.org.uk/)

Information, advice and support for lesbian, gay, bisexual and transgender young people. See website for how to contact by phone, online chat, text, email.

**Allsorts Youth Group, Dundee** [**https://www.lgbtyouth.org.uk/dundee**](https://www.lgbtyouth.org.uk/dundee)

Allsorts is the LGBT Youth Group for young people 13-25 in Dundee. The group runs every Tuesday from 6.00-8.00pm at [**The Shore**](http://www.theshore.org.uk/), 15 Shore Terrace, Dundee DD1 3DN.

**LGBT Helpline Scotland** [**http://www.lgbt-helpline-scotland.org.uk/**](http://www.lgbt-helpline-scotland.org.uk/)

**0300 123 2523** (Tues and Wed 12pm-9pm)

Information and support for lesbian, gay, bisexual and transgender people, their families and friends, and those questioning their sexual orientation or gender identity.

**Switchboard** [**http://www.llgs.org.uk/**](http://www.llgs.org.uk/)

**Helpline 0300 330 0630 (every day 10am-11pm)**

Information, support and referral service for lesbians, gay men and bisexual and transgender people – and anyone considering issues around their sexuality and/or gender identity.

**Transgender Scotland** [**http://www.transgenderscotland.org/**](http://www.transgenderscotland.org/)

A website directory for groups and meetings for transgender people in Scotland.

**Men Only Tayside** [**http://www.menonlytayside.com/index.html**](http://www.menonlytayside.com/index.html)

See website for details of walk-in sexual health clinics offering screening and testing services for gay and bi-sexual men in Tayside.

***Mental Health (general)***

**Student Minds** [**http://www.studentminds.org.uk/about.html**](http://www.studentminds.org.uk/about.html)

The UK’s student mental health charity. See website for information and resources.

**SAMH (Scottish Association for Mental Health)** [**http://www.samh.org.uk**](http://www.samh.org.uk)

See website for wide range of mental health information.

**Mental Health Foundation** [**http://www.mentalhealth.org.uk/help-information/podcasts**](http://www.mentalhealth.org.uk/help-information/podcasts)

Free wellbeing podcasts to aid relaxation and improve sense of wellbeing.

**MIND** [**http://www.mind.org.uk/**](http://www.mind.org.uk/)

See website for information and support on a wide range of mental health issues.

**Saneline Helpline** [**http://www.sane.org.uk/what\_we\_do/support/helpline/**](http://www.sane.org.uk/what_we_do/support/helpline/)

**0300 304 7000 (open daily 6-11pm)**

Out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.

**Hearing Voices Network Dundee** [**http://hearingvoicesnetwork.com/new/**](http://hearingvoicesnetwork.com/new/)

**The Haven, 216-220 Hilltown, DD3 7AU. Tel: 01382 223023**

A local support service for people who hear voices.

**Tayside Carers Support Project** [**http://www.tcsproject.org.uk/**](http://www.tcsproject.org.uk/)

**10 Constitution Road, Dundee DD1 1LL. Tel: 01382 305713**

Local organisation providing support for carers of people with a mental illness.

**Royal College of Psychiatrists** [**http://www.rcpsych.ac.uk/healthadvice.aspx**](http://www.rcpsych.ac.uk/healthadvice.aspx)

See website for evidence-based information on various mental health problems, treatments and other topics.

**Scottish Personality Disorder Network** [**http://www.scottishpersonalitydisorder.org/related-links/**](http://www.scottishpersonalitydisorder.org/related-links/)

See website for information and useful resources about personality disorders.

***Pregnancy issues***

**Alternatives (Dundee Crisis Pregnancy Trust)** [**http://www.pregnancychoicesdirectory.com/centres/dundee**](http://www.pregnancychoicesdirectory.com/centres/dundee)

**Number Ten, 10 Constitution Road, Dundee DD1 1LL. Tel: 01382 221112**

**Confidential help, support and advice if you are facing an unplanned pregnancy, or following an abortion or miscarriage.**

***Rape and sexual abuse***

**Rape Crisis Scotland Helpline** [**http://www.rapecrisisscotland.org.uk/**](http://www.rapecrisisscotland.org.uk/)

**Free Helpline 08088 01 03 02 (every day 6pm to midnight)**

Free, confidential support and information for anyone affected by sexual violence no matter when or how it happened.

**WRASAC Dundee** [**http://www.wrasacdundee.org/**](http://www.wrasacdundee.org/)

**Freephone Helpline 0300 365 2001 (for opening times see website)**

Confidential support services for women and girls aged 13 years and over who have experienced rape, sexual assault or sexual abuse at any time in their life.

**SARN, Dundee** [**http://www.wrasacdundee.org/if-youve-recently-been-raped/**](http://www.wrasacdundee.org/if-youve-recently-been-raped/)

**(for details see website) A service for women aged 16 and over who have been raped or sexually assaulted within the last 7 days and who do not wish to report the incident to the police at that time.**

**Survivors UK** [**https://www.survivorsuk.org/**](https://www.survivorsuk.org/)

**(see website for web chat and SMS chat)** A service for adult men (18 and over) who have experienced rape or sexual abuse at any time in their lives.

**Eighteen and Under** [**http://www.18u.org.uk/**](http://www.18u.org.uk/)

**1 Victoria Road, Dundee DD1 1EL. (Mon-Fri 9am-5pm and some Sats)**

**Freephone 0800 731 40 80**

**A registered charity in Dundee offering confidential support and information to any young person, aged 18 and under, who has experienced sexual, physical or emotional abuse.**

**Trauma Counselling Line Scotland (TCLS) 08088 020406**

[**http://www.health-in-mind.org.uk/services/counselling/tcls.html**](http://www.health-in-mind.org.uk/services/counselling/tcls.html)

Confidential telephone counselling to any adult living in Scotland who experienced abuse as a child, including sexual, emotional, physical, psychological, spiritual abuse or neglect.

**R.A.N.S. (Ritual Abuse Network Scotland)** [**http://www.rans.org.uk/**](http://www.rans.org.uk/)

A website resource for anyone connected with ritual abuse anywhere in the world, be they survivors, counsellors, or just a concerned friend.

***Relationships***

**The Spark** [**http://www.thespark.org.uk/**](http://www.thespark.org.uk/)

**Free Helpline 0808 802 2088 (see website for times)**

The Spark offers relationship counselling for couples, individuals, families, and young people by telephone or online. Face-to-face support is also provided locally in Dundee at 34 Constitution Street, DD3 6ND. To book an appointment phone **0845 271 2711**.

**Relationships Scotland Family Mediation Tayside & Fife** [**http://www.familymediationonline.co.uk/**](http://www.familymediationonline.co.uk/)

**Dundee, Angus & Perth Tel: 01382 201343: Fife Tel: 01592 751095**

Supports parents, children and the wider family through change, particularly where this has occurred as a result of separation, divorce or family restructuring.

***Self-Harm***

**Rebound Self-harm Support Group** [**http://reboundshs.webs.com/**](http://reboundshs.webs.com/)

**Tayside Deaf Hub, 23 Brown Street, Dundee DD1 5EF. Tel: 07905 720097.** Local organisation offering confidential support and information for individuals who self-harm.

National Self Harm Network [**http://www.nshn.co.uk/whatis.html**](http://www.nshn.co.uk/whatis.html)

Support and information for people who self-harm, their families and carers.

***Suicide***

**Papyrus** [**http://www.papyrus-uk.org**](http://www.papyrus-uk.org)

**Hopeline 0800 068 41 41 (Mon-Fri 10am-10pm: weekends 2-10pm: bank holidays 2-5)**

Confidential suicide prevention advice for young people (up to age 35) and those who are concerned about them.

**The Samaritans** [**http://www.samaritans.org**](http://www.samaritans.org)

**Free Helpline (open 24/7, 365 days a year) 116 123**

Confidential emotional support available 24 hours for people who are experiencing feelings of distress, despair or suicidal thoughts.

**CALM (Campaign against living miserably)** [**https://www.thecalmzone.net/**](https://www.thecalmzone.net/)

**Helpline 0800 58 58 58 (5pm-midnight 365 days a year)**

Support for men of any age in the UK who are down, in crisis and/or suicidal.

***Other sources of help***

**Dundee Citizens Advice Bureau** [**http://www.dundeecab.org/**](http://www.dundeecab.org/)

Free, impartial and confidential advice on wide range of problems, including legal and money problems.

**The Corner, Dundee** [**http://www.thecorner.co.uk/**](http://www.thecorner.co.uk/)

**Drop-in: 13 Shore Terrace, Dundee DD1 3DP. Tel: 01382 20 60 60 (drop-in opening hours Mon-Fri 2-6pm and Sat 1-4pm)**

The Corner Drop-in provides a wide range of free, informal and confidential health services, information and support for young people aged 11-19 in the Dundee area.

**Young Scot** [**http://www.youngscot.org/**](http://www.youngscot.org/)

**Infoline 0808 801 0338.** The national youth information and citizenship charity. Provides young people, aged 11 - 26, with a mixture of information, ideas and incentives to help them become confident, informed and active citizens.

**TheSite** [**http://www.thesite.org/**](http://www.thesite.org/)

Online guide to life for 16-25 year olds in the UK. Provides non-judgmental support and information on everything from sex and exam stress to debt and drugs.

**Education support partnership** [**www.educationsupportpartnership.org.uk/**](http://www.educationsupportpartnership.org.uk/)

**Helpline 08000 562 561 (24/7 365 days a year)**

Free helpline available to all teachers, lecturers and staff in education (primary, secondary, further or higher education) in England, Wales and Scotland.

**Men’s Health Forum** [**http://www.menshealthforum.org.uk/**](http://www.menshealthforum.org.uk/)

See website for information and advice about a wide range of physical and mental health problems affecting men and boys.

**Volunteer Centre Dundee** [**http://www.volunteerdundee.org.uk/**](http://www.volunteerdundee.org.uk/)

**10 Constitution Road, DD1 1LL. Tel: 01382 305705**

See website for information about opportunities for voluntary work locally in Dundee.