

Festive season support and information

The winter holidays can bring joy, but they can also present challenges like stress, loneliness, or financial pressures. While we'll be closed over the festive break, remember that support is always available. Don't hesitate to reach out to these services if you need help.

Support services information

The following resources are available to assist with a variety of needs, ensuring you have the support you need during challenging times.

Cost of living and general help

- **North Lanarkshire Council:** www.northlanarkshire.gov.uk/benefits-and-money/cost-living
- **South Lanarkshire Council:** Contact for advice and support.
- **Diamonds in the Community:** www.diamondsinc.com
- **Citizens Advice Bureau:** Help with debt, benefits, housing, and employment. www.citizensadvice.org.uk/debt-and-money

Housing and Homelessness Advice

- **North Lanarkshire Council:** 0800 953 2424
- **South Lanarkshire Council:** 0303 123 1012 (Option 5)
- **Shelter Scotland:** 0808 800 4444

Health and Wellbeing Support

- **NHS 24:** Call 111 or go to www.nhsinform.scot/
- **Samaritans:** Emotional support for anyone in distress. Call 116 123
- **Breathing Space:** Mental health support. Call 0800 838 587 www.breathingspace.scot/
- **Lanarkshire Mind Matters:** www.lanarkshiremindmatters.scot.nhs.uk/
- **Elament Lanarkshire:** Online mental health and wellbeing info. www.elament.org.uk/

Carer Support

- **North Lanarkshire Carers Together:** Call 01698 404 055
- **Lanarkshire Carers:** Call 01698 755 550

Safety and Emergencies

- **Emergency Services:** Call 999
- **Police Scotland (Non-Emergencies):** Call 101
- **Fire Safety Advice:** Call 0800 0731 999
- **Gas Leaks:** Call 0800 111 999
- **Power Cuts:** Call 105
- **Scottish Water:** Call 0800 0778 778

Energy Advice

- **Home Energy Scotland:** Help with managing energy bills.
Call 0808 196 8660
- **SP Energy Network Priority Service Register:**
www.spenergynetworks.co.uk/pages/priority_services_register.aspx

Specialised Support

- **Age Scotland:** For people aged 50+. Call 0800 124 4222
- **Disability Information Scotland:** Support for people with disabilities.
Call 0300 323 9961
- **Childline:** Support for children and young people under 19. Call 0800 1111
- **National Domestic Abuse Helpline:** Call 0800 027 1234
- **Alcoholics Anonymous (AA):** Call 0800 9177 650
www.alcoholics-anonymous.org.uk/
- **Narcotics Anonymous:** Call 0300 999 1212 or go to www.ukna.org/
- **ParentLine:** Call 0800 28 22 33

Looking ahead to 2026

- We can't wait to welcome you back in the New Year with exciting plans to help you achieve your goals.

