

# 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](http://www.clearyourhead.scot)

## Samaritans

- [www.samaritans.org.uk](http://www.samaritans.org.uk)
- 0845 790 9090

## Scottish Association for Mental Health

- [www.samh.org.uk](http://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