

Signposts

Autism Charities

Autism Initiatives	Web	www.autisminitiatives.org
National Autistic Society	Web	www.autism.org.uk
Scottish Autism	Web	www.scottishautism.org

Physical Health

NHS Live Well	Web	www.nhs.uk/live-well/exercise/
NHS Couch to 5K	Web	www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/
Live Life to the Full	Web	https://littf.com/corona/

Mental Health

Breathing Space	Tel	0800 83 85 87
	Hours	Mon-Thu 6pm-2am / Fri 6am-Mon 6am
	Web	https://breathingspace.scot/
SHOUT	Text Hours	SHOUT to 85258 in UK to text with a trained crisis volunteer Free and confidential support 24/7 via text
MIND	Tel	0300 12 33 393
	Hours	Mon-Fri 9am-6pm
	Web	www.mind.org.uk/information-support/

Benefits / Financial

Citizens Advice Bureau	Web	www.citizensadvice.org.uk currently operating telephone service only
Money Matters	Tel	0303 12 31 008
Money Saving Expert	Web	www.moneysavingexpert.com/
Job Seekers Allowance	Tel	0800 055 6688 Application Line

Older People

Age Scotland	Tel	0800 12 44 222 Advice, Information and Friendship Line
	Hours	Mon-Fri 9am-5pm
	Web	www.ageuk.org.uk
The Silver Line	Tel	0800 47 08 090
	Hours	24 hours, 365 days a year friendship and advice line
	Web	www.thesilverline.org.uk