



**Covid-19**  
**Reliable Sources**  
Local & national helpline  
numbers, useful websites  
and much more.

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## **Reliable Sources**

**This document has lists of national helpline numbers and websites, local services contact details, useful resources for businesses, reliable sources of information on Covid-19 and positive news sources, we'll be adding more information each week so keep checking back.**

### **National Helpline Numbers & Websites:**

NHS 24 - **111**. If you need urgent health advice when your GP Practice or Dental Surgery is closed.

Coronavirus general helpline - **0800 028 2816**. A telephone line dedicated to general information on COVID-19

Mental Health helpline - **0800 83 85 87**. Call [Breathing Space Scotland](https://breathingspace.scot/) for listening, advice and information for people in Scotland feeling low, stressed or anxious.

<https://breathingspace.scot/>

[SAMH](https://www.samh.org.uk/) - Coronavirus and Mental Well-being

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-and-your-mental-wellbeing>

[Age Scotland](https://www.ageuk.org.uk/scotland/) - **0800 12 44 222**. coronavirus advice, help or simply a friendly voice

<https://www.ageuk.org.uk/scotland/>

Chest, Heart & Stroke Scotland Nurses Advice Line - **0808 801 0899**. Specialist nurses answering questions, providing advice and information to anyone with a chest or heart problem.

Samaritans Helpline - 116 123 call any time or email [jo@samaritans.org](mailto:jo@samaritans.org) (response time 24hrs)

[Scotland's Domestic Abuse & Forced Marriage](https://sdafmh.org.uk/) - **0800 027 1234**. Available 24/7

<https://sdafmh.org.uk/>

Rape Crisis Helpline - 0808 8000014

[Alcoholics Anonymous](https://www.alcoholics-anonymous.org.uk/) - national helpline for anyone with a drink problem **0800 9177650**

<https://www.alcoholics-anonymous.org.uk/>

[Gov.uk](https://www.gov.uk/coronavirus) - Government guidance on all aspects related to impact from COVID-19  
<https://www.gov.uk/coronavirus>

[WHO](https://www.who.int/emergencies/diseases/novel-coronavirus-2019) - World Health Organisation  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

[NHS](https://www.nhs.uk/) - National Health Service <https://www.nhs.uk/>

[Young Scot](https://young.scot/campaigns/national/coronavirus) - Information and advice for young people  
<https://young.scot/campaigns/national/coronavirus>

Parent Club <https://www.parentclub.scot/>

### **Local Support Numbers & Websites**

Food For Thought - **01389 734514**. Emergency food aid referral line.

West Dunbartonshire Community Foodshare **01389 764135** - emergency food aid delivery

Dumbarton District Women's Aid - **01389 751036**

WDC 'No Homes for Domestic Abuse' - **01389 738510**

Clydebank Women's Aid - **0141 952 8118**

Dumbarton Area Council on Alcohol (DACA) - **01389 731456 or 0141 9520881**

WD Citizens Advice Bureau - Visit [www.wdcab.co.uk](http://www.wdcab.co.uk) - information on benefits, welfare rights, employment rights and general well-being

Alexandria – 01389 752727

Clydebank – 0141 435 7590

Dumbarton – 01389 744 690

Independent Resource Centre - **0141 9514040** - benefits advice

WD Housing & Homeless support 01389 738282 or Freephone 0800 197 1004 (option 5)

Clydebank Community Addiction Team - 0141 562 2311

Dumbarton Joint Hospital - 01389 812018

Stepping Stones - 0141 941 2929 - mental health charity providing telephone support in WD

Big Disability Group - 0141 237 4560 [thebigdisabilitygroup@gmail.com](mailto:thebigdisabilitygroup@gmail.com) - support and information to people living with disabilities [www.facebook.com/thebigdisabilitygroup](https://www.facebook.com/thebigdisabilitygroup)

[West Dunbartonshire Council](#) - WDC now have a dedicated page on their website for service disruptions and closures within the West Dunbartonshire area.

<https://www.west-dunbarton.gov.uk/>

West Dunbartonshire Crisis Support - for help visit

[www.west-dunbarton.gov.uk/coronavirus/additional-support](http://www.west-dunbarton.gov.uk/coronavirus/additional-support)

West Dunbartonshire Community Response-

<https://www.west-dunbarton.gov.uk/coronavirus/community-action-response/>

<https://www.west-dunbarton.gov.uk/council/newsroom/news/2020/mar/calls-for-volunteers-as-community-unites-to-respond-to-covid-19/> - how to volunteer

[West Dunbartonshire Citizens Advice Bureau](#) - has links to information about [General Health and Wellbeing](#), [Benefit Entitlements & Ongoing Claims](#) and [Employment Rights & Advice](#)

<http://www.wdcab.co.uk/>

## **Reliable Coronavirus Information Resources**

[Coronavirus Community Assistance Directory](#) - a directory to help you find and offer assistance in your area

<https://covid-19.scvo.org.uk/>

[Coronavirus and your wellbeing](#) - Information and support for your mental well-being due to coronavirus.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

[Coronavirus support for older people](#) – exercise at home

<https://www.moveitorloseit.co.uk/coronavirus-support-for-older-people-exercise-at-home/>

[Action for Happiness](#) - COVID-19: How to respond constructively

<https://www.actionforhappiness.org/news/covid-19-how-to-respond>

[Scottish Community Development Centre](#) - Support for community organisations during the Covid-19 crisis

<https://www.scdc.org.uk/coronavirus>

[Scottish Council for Voluntary Organisations](#) - Covid-19 Third Sector Information Hub

<https://scvo.org/support/coronavirus/>

[Coronavirus Scams](#)

<http://thirdforcenews.org.uk/tfn-news/coronavirus-scams-warning>

### **Business Support**

Business support helpline - **0300 303 0660**. Call the Scottish Government's official helpline for all questions related to coronavirus financial support and essential advice

[Dunbartonshire Chamber of Commerce Covid 19 Hub](https://www.dunbartonshirechamber.co.uk/covid-19-tfb-hub/) - an information & signposting service for ANY business looking to understand how the current situation impacts them, their staff and their future, open to members and non-members alike. #TogetherforBusiness

<https://www.dunbartonshirechamber.co.uk/covid-19-tfb-hub/>

[Federation of Small Businesses](https://www.fsb.org.uk/) - Advice and guidance on reducing risks from the COVID-19 virus to you and your business

<https://www.fsb.org.uk/>

### **Positive News Sources**

[Good News Network](https://www.goodnewsnetwork.org/) - daily good news stories from around the world

<https://www.goodnewsnetwork.org/>

Positive News Magazine - <https://www.positive.news/>

Blurt - <https://www.blurtitout.org/>

Mind Waves - <http://www.mindwavesnews.com/>

[Action for Happiness](http://www.actionforhappiness.org) - COVID-19: How to respond constructively [www.actionforhappiness.org](http://www.actionforhappiness.org)