

## **Reliable Sources**

Please find below a list of reliable sources of information.

### **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](#) for listening, advice and information for people in Scotland feeling low, stressed or anxious.

[SAMH](#) - Coronavirus and Mental Well-being

[Age Scotland](#) - **0800 12 44 222**. Call Age Scotland for coronavirus advice, help or simply a friendly voice of support

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

[Scotland's Domestic Abuse & Forced Marriage](#) - **0800 027 1234**. Available 24/7

[Alcoholics Anonymous](#) - national helpline for anyone with a drink problem **0800 9177650**

[Gov.uk](#) - Government guidance on all aspects related to impact from COVID-19

[WHO](#) - World Health Organisation

[NHS](#) - National Health Service

[Scottish Welfare Fund](#) - application and advice for a crisis or community care grant.

[The Community Health Exchange](#) - promotes community-led health as a means for tackling health inequalities

[Scotland's Domestic Abuse & Forced Marriage](#) Their email is - [helpline@sdaafh.org.uk](mailto:helpline@sdaafh.org.uk)

[Young Scot](#) - Information and advice for young people

### **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**

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

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

### **Reliable Coronavirus Information Resources**

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

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

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

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

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

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

[Coronavirus Scams](#)

### **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

[Federation of Small Businesses](#) - Advice and guidance on reducing risks from the COVID-19 virus to you and your business

[Dunbartonshire Chamber of Commerce Covid 19 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.