

Abertay Counselling and Mental Health Service Out of Hours Resource List
(December 2025)

This list contains information about organisations which may be able to help you.

If you are experiencing regular emotional distress, talking to your GP is often a good step to take. Your GP should have some understanding of the difficulties you are experiencing and be aware of the various options available to you.

In any health emergency outside of surgery hours you can call NHS 24 Scotland free of charge on **111**, or visit the A&E department at your nearest hospital.

Hope Point- Dundee Wellbeing support is open day & night – phone, text or face to face: 4 Ward Street, Dundee DD1 1PN
Call: 0800 955 0008 Text: 01382 604 123

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Abuse and domestic violence

Scotland's Domestic Abuse and Forced Marriage Helpline 0800 027 1234

<https://womensaid.scot/> confidential support and advice 24/7 for women affected by domestic abuse or forced marriage.

AMIS (Abused Men in Scotland) <http://www.abusedmeninscotland.org/>

Freephone Helpline 0808 800 0024 (Mon-Fri 9am-4pm). Confidential support and information for any man affected by domestic abuse.

Men's Advice Line 0808 801 0327 (Mon-Fri 9am-5pm) (free from landlines and most mobiles)

<http://www.mensadvice.org.uk/> Confidential helpline for men experiencing domestic violence and abuse from a partner, ex-partner or from other family members.

Dundee Women's Aid <http://dundeewomensaid.co.uk/> Local support line 01382 207099 (see website for times). Or Domestic Abuse Helpline 0800 027 1234 (24 hours). Confidential, non-judgemental service for women, young people and children who have experienced domestic abuse.

Galop - the LGBT and anti-violence charity <http://www.galop.org.uk/> Details on website of opening times for **National LGBT and Domestic Abuse Helpline 0800 999 5428.** Advice and support for LGBT people who have experienced any kind of violence including domestic abuse, sexual violence and hate crime.

Respect Freefone Helpline 0808 802 4040 (Mon-Fri 9am-5pm)

<http://respectphoneline.org.uk/> Confidential helpline offering advice, information and support to help you stop being violent and abusive to your partner.

Hemat Gryffe BME Women's Aid 24 hour emergency service 0141 353 0859

<http://www.hematgryffe.org.uk/> Support for women from the Asian, Black and Minority ethnic communities affected by domestic abuse.

Amina Muslim Women's Resource Centre <http://www.mwrc.org.uk/home/4575275818>

Freephone Helpline Scotland 0808 801 0301 (Mon-Fri 10am-4pm) A confidential, non-judgemental listening and signposting service for Muslim women across Scotland who need to talk to someone or have a problem and don't know where to go.

Jewish Women's Aid <https://www.jwa.org.uk/> Free Helpline 0808 801 0500 (9.30am-9.30pm

Mon-Thurs). A confidential, non-judgemental listening support service for women in the Jewish community experiencing domestic abuse.

Eighteen and Under <http://www.18u.org.uk/> (Mon-Fri 9am-5pm and some Sats)

Freephone 0800 731 40 80 Confidential support and information for any young person, aged 18 and under, experiencing any type of abuse.

Trauma Counselling Line Scotland (TCLS) 0808 802 0406 (see website for times)

<https://health-in-mind.org.uk/how-we-can-help/get-help-now/> Offers free, confidential telephone counselling to any adult who experienced abuse as a child, including sexual, emotional, physical, psychological, spiritual abuse or neglect.

Alcohol, Drugs and Gambling

Addiction Dundee Direct Access Service Tel 01382 206888 (Mon-Fri 9am-5pm)

<https://www.wearewithyou.org.uk/services/dundee/>

Supporting people and families in Dundee affected by drug or alcohol use.

TCA (Tayside Council on Alcohol) <http://www.alcoholtayside.com> Tel: 01382 456012

Free counselling service for anyone concerned about their alcohol use.

Alcoholics Anonymous <http://www.alcoholics-anonymous.org.uk/>

Free National helpline 0800 9177 650 for anyone needing help with a drinking problem.

Al-Anon Family Groups UK and Eire <http://www.al-anonuk.org.uk/>

Helpline 020 7403 0888 Support for anyone affected by someone else's drinking. See website for details of AA meetings in Dundee area.

Drinkaware <https://www.drinkaware.co.uk/> An independent charity providing information and advice about reducing alcohol misuse, to help people make better choices about drinking.

Know the Score <http://knowthescore.info/> Helpline 0800 587 587 9 (8am-11pm 7 days)

Free, confidential drugs advice and information.

GAMCARE <http://www.gamcare.org.uk/> Free Helpline 0808 8020 133 (8am-midnight 7days)

Information, confidential advice and support for anyone experiencing problems with gambling.

Gamblers Anonymous Scotland Helpline 0370 050 8881 (24/7) <https://gascotland.org/>

Helpline run by G.A. members/volunteers for problem gamblers. See website for details of local support group meetings in Dundee.

Gam-Anon Scotland <https://gamanonscotland.org/> Support for families and friends of compulsive gamblers. See website for details of local support group meetings in Dundee.

Rehab4 Addiction Rehab 4 Addiction helps you connect with more than 70 addiction treatment providers located across the United Kingdom and abroad. Find treatment clinics in your local area now. (0800 140 4690) <https://www.rehab4addiction.co.uk>

Anxiety and Panic

Anxiety UK <https://www.anxietyuk.org.uk/about-us/> Providing support and help if you've been diagnosed with, or suspect you may have an anxiety condition such as anxiety, stress and anxiety based depression.

MIND (Mental Health Charity) <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/#.WljVV2dLGM8> Explains anxiety and panic attacks, including possible causes and how to access treatment and support.

No More Panic <http://www.nomorepanic.co.uk/> Information for sufferers and carers of people with panic, anxiety, phobias and obsessive compulsive disorders (OCD).

The Mix – essential support for under 25s. <http://www.themix.org.uk/mental-health/anxiety-ocd-and-phobias/help-me-with-my-anxiety-5601.html> Tips for helping yourself with anxiety.

SAM App <http://sam-app.org.uk/> Free to download. Helps you understand and manage anxiety.

Autism

Scottish Autism <http://www.scottishautism.org/> Advice and information about services throughout Scotland for children, young people and adults who are living with autism.
<https://www.scottishautism.org/service-locations/dundee-connections/>

Bereavement

Cruse Bereavement Care Scotland <http://www.crusescotland.org.uk/>
National Helpline 0845 600 2227 (see website for times). Bereavement support for people throughout Scotland.

Counselling

University of Abertay Dundee Student Counselling Service

<https://www.abertay.ac.uk/life/student-support-and-services/counselling/>

Free, confidential counselling service available to all matriculated students at UOA.

<https://www.abertay.ac.uk/life/student-support-and-services/counselling-and-mental-health/urgent-help/>

Insight Counselling, Dundee <http://www.insightcanhelp.co.uk/> Tel: 01382 305706

Registered charity offering a confidential counselling service. Donations are voluntary and no-one is refused counselling if unable to donate.

The Spark <http://www.thespark.org.uk/> Relationship counselling for couples, individuals and families. To enquire tel 0808 802 0050. Free **Relationship Helpline 0808 802 2088** (see website for times).

Rowan Counselling <http://www.rowan-consultancy.co.uk> Tel: 01738 562005

Provides private face-to-face and telephone counselling and psychotherapy by appointment.

Taynet <http://www.taynet.org.uk/> Counsellors in private practice in Tayside and North Fife.

Shout – Give us a shout - Struggling to cope Text shout to 85258 – here for you 24/7.

<https://giveusashout.org/> Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. We launched publicly in May 2019 and we've had more than 500,000 conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support

Self- Help

Moodjuice - This site is designed to help you think about emotional problems and work towards solving them. <http://www.moodjuice.scot.nhs.uk/>

Cool2Talk - <http://www.cool2talk.org/> (interactive website providing anonymous free health

Together Alone – Click magazine's space to explore self-care

<https://www.clickmagazine.online/together-alone.html>

Men's Health

Men's Health Forum <http://www.menshealthforum.org.uk/> Information and advice on a wide range of physical and mental health problems specifically affecting men and boys.

Andy's Man Club Dundee - A peer to peer support group for men over 18 to help them through life. <https://www.sfad.org.uk/service/andys-mans-club-dundee> Group meets every Monday at 7pm except bank holidays. No need to contact beforehand just turn up. If you have any questions send us an email.

Brothers In Arms App <https://www.brothersinarmsscotland.co.uk/> use digital technology as a way to reach out to men no matter where they are in Scotland so that they can both self-manage and keep their mental fitness supported through the use of our Free (NHS approved) App

Crime

Victim Support Scotland <http://www.victimsupportscot.org.uk> Helpline 0345 603 9213 (Mon - Fri 8am to 8pm) Confidential support to all people affected by crime.

Police Scotland <http://www.scotland.police.uk/contact-us/> In an emergency call **999**. For non-emergencies call **101**.

Scotland Crimestoppers <https://crimestoppers-uk.org/in-your-area/scotland/>
Tel: 0800 555 111 Call anonymously with information about crime.

Depression

Breathing Space <http://breathingspace.scot/>
Free Helpline 0800 83 85 87 (Mon-Thurs 6pm-2am: Fri 6pm – Mon 6am)
Confidential phone line for anyone in Scotland feeling low, anxious or depressed.

Students against Depression <http://studentsagainstd Depression.org/>
Information and resources validated by health professionals, alongside tips and advice from students who have experienced depression themselves.

Living Life to the Full <http://www.lltff.com/> Free, online self-help courses covering low mood, stress and depression.

NHS 24 Living Life <https://www.nhs24.scot/our-services/living-life/>
0800 328 9655 (see website for times) A free phone service offering therapy for anyone over 16 with low mood, mild to moderate depression and/or anxiety.

Eating Disorders

Beat Eating Disorders <https://www.beateatingdisorders.org.uk/> **Adult (over 18) Helpline 0808 801 0677 and Youthline (under 18) 0808 801 0711** – both lines open 365 days, 3-10pm. Support and information about eating disorders and difficulties with food, weight and shape.

Family issues

ParentLine (Scotland) <https://www.childrenfirst.org.uk/get-support/support-line/> **Free helpline 08000 28 22 33 (Mon-Fri 9am-9pm)**, email and web-chat service for anyone caring for or concerned about a child.

One Parent Families Scotland <http://www.oneparentfamiliescotland.org.uk/>
Helpline Freephone 0808 801 0323 (Mon-Fri 9.30am-4pm) Providing information, support and help to all single parent families; mums, dads, young parents and kinship carers.

Family Mediation Tayside and Fife
<https://www.scottishmediation.org.uk/mediator/relationships-scotland-tayside-fife/> (see website for contact and fee details).

HIV/Aids

Terence Higgins Trust Scotland <http://www.tht.org.uk>
Also THT Direct Helpline 0808 802 1221 (Mon-Fri 10am-8pm) Support, information and advice about HIV and sexual health problems.

NAT (National AIDS Trust) <http://www.nat.org.uk/> Website providing information about HIV.

Intercultural/specific ethnic resources

Amina Muslim Women's Resource Centre <http://www.mwrc.org.uk/home/4575275818>
Freephone Helpline Scotland 0808 801 0301 (Mon-Fri 10am-4pm) Providing advice, information and support services to enable Muslim women to live better and safer lives, free from discrimination and abuse.

Muslim Community Helpline <https://muslimcommunityhelpline.org.uk/>
0208 904 8193 or 0208 908 6715 (Mon-Thu 10am-1pm Friday 10-4pm) (New Male Counsellor 6-8pm) A confidential, non-judgemental listening and emotional support service for women, men, young people and children who are members of the Muslim community in the UK.

Dundee International Women's Centre <http://www.diwc.co.uk/> **Tel: 01382 462058**
Providing educational, recreational and social activities, as well as employment training, information and advice services - for disadvantaged and/or excluded women from diverse ethnic and cultural backgrounds to help them achieve their personal goals.

Friends International Dundee <https://www.friendsinternational.uk/where-we-work/> Website with details of social events and activities taking place in Dundee specifically for international students who would like to make new friendships.

Chinese Mental Health Association <https://www.nhs.uk/services/service-directory/chinese-mental-health-association/N10498527> Website with information for Chinese people who suffer from mental health related issues and problems.

LGBT resources

LGBT Youth Scotland <https://www.lgbtyouth.org.uk/> Website with information, advice and support for lesbian, gay, bisexual, transgender and intersex young people.

LGBT Helpline Scotland <http://www.lgbt-helpline-scotland.org.uk/> 0300 123 2523 (Tues & Wed 12-9pm) Providing information and emotional support for lesbian, gay, bisexual and transgender people, their families and friends, and anyone questioning their sexual orientation or gender identity.

Men Only Tayside <http://www.menonlytayside.com/index.html> Website with details of sexual health clinics offering screening and testing services for gay and bi-sexual men in Tayside.

Mental Health (general)

Student Minds <http://www.studentminds.org.uk/supportforafriend.html> Website offering information and guidance about how to support someone who is having a difficult time: and how to take care of yourself while doing so.

SAMH (Scottish Association for Mental Health) <http://www.samh.org.uk> Website with wide range of mental health information and resources.

Mental Health Foundation - <https://www.mentalhealth.org.uk/> Free podcasts to aid sleep, relaxation and sense of wellbeing.

MIND <http://www.mind.org.uk/> Website with information and advice on mental health topics.

Saneline Helpline http://www.sane.org.uk/what_we_do/support/helpline/ 0300 304 7000 (open 365 days 4.30-10.30pm) Mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.

Hearing Voices Network Dundee <https://hearingvoicesnetwork.co.uk/> Tel: 01382 223023
A local support service which seeks to create acceptance that hearing voices is a valid experience.

Bipolar Scotland <https://www.bipolarscotland.org.uk/> Information, support and advice for people affected by bipolar disorder / manic depression and those who care for them. Local Dundee Bipolar Self Help Group meets 4th Thursday of every month 7-9pm at DVA, 10 Constitution Road, Dundee, DD1 1LL (Camperdown Room). No need for referral just come along. For more info contact Bipolar Scotland on 0141 560 2050.

Royal College of Psychiatrists <http://www.rcpsych.ac.uk/healthadvice.aspx> Website with evidence-based information on various mental health problems, treatments and other topics.

Togetherall - <https://togetherall.com/en-gb/> we're an online service providing access to millions with anxiety, depression and other common mental health issues.

Pregnancy issues

Alternatives (Dundee Crisis Pregnancy Trust) Tel: 01382 221112
<http://www.pregnancychoicesdirectory.com/centres/dundee> Alternatives is a safe place to talk confidentially through all the issues surrounding pregnancy (including abortion and miscarriage) where you will be supported to make the right decisions for your own unique situation.

Rape and sexual abuse

Rape Crisis Scotland Helpline <http://www.rapecrisisscotland.org.uk/>

Free Helpline 08088 01 03 02 (every day 6pm to midnight) Providing crisis support for anyone in Scotland affected by sexual violence at any time in their lives.

WRASAC Dundee <https://www.wrasac.org.uk/> **Freephone Helpline 0300 365 2001 (see website for opening times)** Providing free and confidential support to women and girls who have been raped, sexually abused and/or exploited in Dundee and Angus.

SARN, Dundee <https://www.wrasac.org.uk/rape-sexual-assault/> Providing free and confidential support to women and girls who have been raped, sexually assaulted, abused or exploited, no matter when this has happened in their lives, and whether or not they have reported to the police.

Survivors UK <https://www.survivorsuk.org/> An inclusive support service for anyone affected by male sexual violation who identifies as male, trans, non-binary, has identified as male in the past, or anyone who feels that we are the right fit for them.

Eighteen and Under <http://www.18u.org.uk/> (Mon-Fri 9am-5pm and some Sats)

Freephone 0800 731 40 80 Registered charity based in Dundee offering confidential support and information to any young person, aged 18 and under, who has experienced any type of abuse including sexual abuse.

Hear Me <http://www.hearmecounselling.com/> Tel: 01307 850741 Free, confidential counselling and support in Angus for men, women and children who have experienced sexual abuse recently or in the past.

Trauma Counselling Line Scotland (TCLS) 08088 020406 (see website for times)

http://www.health-in-mind.org.uk/services/trauma_counselling_line_scotland/d15/

Free, confidential telephone counselling for any adult living in Scotland who experienced abuse as a child, including sexual, emotional, physical, psychological, spiritual abuse or neglect.

R.A.N.S. (Ritual Abuse Network Scotland) <http://www.rans.org.uk/> Website providing information and a safe place to talk for survivors of ritual abuse.

Self-Harm

National Self Harm Network <http://www.nshn.co.uk/whatis.html>

Support and information for people who self-harm, their friends and families.

Suicide

Papyrus <http://www.papyrus-uk.org> Hopeline 0800 068 41 41 (Mon-Fri 10am-10pm: weekends 2pm-10pm: bank holidays 2-5pm) HOPELineUK is a specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to children, teenagers and young people up to the age of 35 who are worried about how they are feeling: and to anyone who is concerned about a young person.

The Samaritans <http://www.samaritans.org> Free Helpline 116 123 (open 24/7, 365 days) Confidential support for people who are experiencing feelings of distress, despair or suicidal thoughts – you don't have to be suicidal to call them - and for those worried about someone else.

CALM (Campaign against living miserably) <https://www.thecalmzone.net/> Free Helpline 0800 58 58 58 (5pm-midnight 365 days) Support for men in the UK, of any age, who are down or in crisis or suicidal - via helpline, webchat and website.

Survivors of Bereavement by Suicide S.O.B.S. <https://uksobs.org/> National Helpline 0300 111 5065 (9am-9pm Mon-Fri) S.O.B.S. provides dedicated support to adults (over 18 years old) who have been bereaved by suicide. S.O.B.S. run support groups across the UK, a helpline and an email service (including LGBT support) based on the principles of self-help and sharing. (S.O.B.S. do not provide counselling).

Other sources of help

Dundee Citizens Advice Bureau <http://www.dundeecab.org/> Free, impartial and confidential advice a on wide range of problems, including legal and money problems.

The Corner Drop-in, Dundee <http://www.thecorner.co.uk/> Tel: 01382 20 60 60 (see website for opening times) Provides health services, information and support for young people aged 11-19 in the Dundee area. **If you are between 20 and 25 years you can call a worker who can discuss your needs and signpost you to the most appropriate service.**

Young Scot <http://www.youngscot.org/> Free confidential information line 0808 802 4444 (open Mon-Fri 10am-6pm). Information on a wide range of topics and opportunities of interest and relevance to young people aged 11-26 in Scotland.

Expert Self Care <https://www.expertselfcare.com/> ESC Student is a FREE app aiming to improve students' physical and mental health and wellbeing, so they're in the best possible shape for achieving academic success and reaching their full potential.

Education support partnership www.educationsupportpartnership.org.uk/ Free Helpline 08000 562 561 (24/7 365 days) Telephone support and counselling available to all teachers, lecturers and staff in education (primary, secondary, further or higher education) in England, Wales and Scotland.

Volunteer Centre Dundee <https://dvva.scot/> Tel: 01382 305705 Information about opportunities for voluntary work locally in Dundee.

Penumbra <http://www.penumbra.org.uk/about-us/> (see website for details of services in Dundee/Scotland) Registered charity promoting mental health and wellbeing for all; preventing mental ill health for people who are 'at risk'; supporting people who have mental health problems.