

Useful Contacts - Low Mood / Stress

Depression Alliance Scotland

0845 123 2320
www.depressionalliance.org

Breathing Space

0800 838587
www.breathingspacescotland.co.uk

Stress Centre (Govan & Pollok)

0141 553 0974

The Samaritans

0845 790 9090 / 0141 248 4488
www.samaritans.org

Living Life to the Full

www.livinglifetothefull.com

CALM

(Campaign Against Living Miserably)
0800 585858
www.thecalmzone.net

Depression UK

Support Line

(020) 8554 9004
www.supportline.org.uk

Mood Juice

www.moodjuice.scot.nhs.uk

Mood Gym

www.moodgym.anu.edu.au

Blue Pages

www.bluepages.anu.edu.au

Student Counselling (Glasgow)

0141 330 4528
www.studentcounselling.org

Student Counselling (Strathclyde)

0141 548 3510
www.studentcounselling.org

Best Treatments

www.besttreatments.co.uk

Patient UK

www.patient.co.uk

SAMH

0141 5687000
www.samh.org.uk
(Scottish Association for Mental Health)

Home Start Glasgow South

0141 585 6712 / 0141 883 1666

@Ease

020 89746814
www.rethink.org/at-ease/

Connexions Direct

www.connexions-direct.com

Stress Watch Scotland

01563 574 144
www.stresswatchscotland.org

Get Connected

0808 8084994
www.getconnected.org.uk

0141 232 555

www.wellbeing-glasgow.org.uk



Useful Contacts - Increasing Activity

Lighthouse Urban Village

0141 445 4418
www.lighthouseurbanvillage.com

Project Ability

0141 552 2822
www.project-ability.co.uk

Local Life Glasgow

www.locallife.co.uk/glasgow

Glasgow Leisure Activity Centres

0141 276 0767
www.csglasgow.gov.uk/en/residents/sportsfitness/glasgowclub

XSCAPE

0871 200 3222
www.xscape.co.uk

S1 Play

www.s1play.com

Leithland Neighbourhood Hall

Corkerhill Neighbourhood Hall

0141 882 5317
corkerhill@tiscali.co.uk

Pollok Community Care

0141 882 5869
134 Langton Road, Glasgow, G53 5DP

Bellahouston Fencing Club

01355 248783
Chiron Tia Chi & Chi
Kung@tiachiunion.com

Libraries

0141 287 2960
lil@cls.glasgow.gov.uk

Preshal Trust

0141 445 3689
Breakfast Club, Line dancing, art
Work, bowling, etc

Healthy Living Physical Activity website advice

www.takelifeon.co.uk



0141 232 555

www.wellbeing-glasgow.org.uk