

Living Better – North Lanarkshire

Local Information/ Support

Elament (eLanarkshire Mental Health Recourses): contains information on a number of local organisations which offer a variety of services and support to local people <http://www.lanarkshirementalhealth.org.uk/>

Health Information & Support Groups:

To find out more about living with a long term condition and to find out about UK & local Support Groups please see below:

NHS Lanarkshire: www.nhs.uk/Services/Diabetes/Pages/Introduction.aspx

NHS Lanarkshire: <http://www.lanarkshirementalhealth.org.uk/>

Chest Heart & Stroke Scotland: Advice Line: 0845 0776000 Website: <http://www.chss.org.uk/>

British Heart Foundation Scotland: Heart Helpline: 0300 330 3311 Website: <http://www.bhf.org.uk/>

Depression Alliance Scotland: www.lookokfeelcrap.org/ Website: <http://www.dascot.org/>

Diabetes UK -Careline: 0845 120 2960
Email: carelinescotland@diabetes.org.uk Website: <http://www.diabetes.org.uk/>

Diabetes Scotland: www.diabetesinscotland.org.uk/

Samaritans: Helpline: 08457 909090 24 hours Website: <http://www.samaritans.org.uk/>

Breathing Space: Helpline: 0800 83 85 87 Website: <http://www.breathingspace.co.uk/>

Stresswatch Scotland: Helpline: 01563 574 144 Website: <http://www.stresswatchscotland.org/>

Living Life to the Full: Website: <http://www.livinglifetothefull.com/> <http://www.livinglifetothefullinteractive.com/>

Careline Scotland (Diabetes UK): 0845 120 2960, Monday-Friday, 9am-5pm

Choose Life: Tel - 01698 267748 Web: www.samh.org.uk