

## Loneliness / Social Isolation



**Craigshill Good Neighbour Network** is a local charity, which is passionate about providing practical help, social and volunteering opportunities for socially isolated and vulnerable people in the community.

2 Almondbank, The Mall, Craigshill, EH54 5EJ

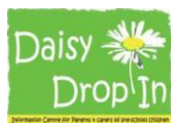
01506 442093 | [www.craigshillgoodneighbournetwork.co.uk](http://www.craigshillgoodneighbournetwork.co.uk)

**Youth Action Project** offers support, information and advice to young people aged 10-21 years

- befriending service for vulnerable young people
- targeted group work programs
- practical training workshops
- summer activities
- music project.



Tel: **01506 431 430** Email: [office@wlyap.org.uk](mailto:office@wlyap.org.uk)



**The Daisy Drop In** is a place where parents/carers can pop in with the children, meet other parents/carers, have a coffee, find out what's going on in Craigshill and surrounding areas, sign up for various groups and courses, get advice and relax whilst letting the children play and take part in activities organised by our Play worker in a happy, safe environment.

Daisy Drop In, Almondbank Centre, Shiel Walk, Craigshill, Livingston, EH54 5EH  
Phone: **01506 238 998** | Email: [daisydropin@hotmail.co.uk](mailto:daisydropin@hotmail.co.uk)



**Tackling the causes and consequences of homelessness**

The Cyrenians OPAL (Older People Active Lives) service aims to improve older people's independence and well-being across the West Lothian area.

We work with anyone of age 60+ looking to re-connect socially, either on a one-to-one basis or in a group setting. During the Covid crisis, we offer video meetings, phone and letter writing services as a means of connecting. We plan to reintroduce our regular groups and one-to-one visits as soon as it's safe to do so.

Web: <http://cyrenians.scot> | Email: [opal@cyrenians.scot](mailto:opal@cyrenians.scot) | Tel: **01506 815 815**

## Mental Health / Anxiety and Depression

### Breathing Space

Open up when you're feeling down

Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone - we're here to listen.



Health in Mind have been promoting positive mental health and wellbeing in Scotland since 1982. They do this by providing a wide range of services to support people to make a positive difference to their lives.

Services include counselling and trauma counselling; befriending; guided self-help; support for people from minority ethnic communities; combating isolation by connecting people within their local community; art therapy; outdoor conservation for greater wellbeing; suicide prevention; support with substance misuse; mental health and wellbeing information; training and much more.

Go to: [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk) for more details or call **0131 225 8508** or email at [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)



West Lothian's online source of mental health and wellbeing information

**[www.westspace.org.uk](http://www.westspace.org.uk)**

Westspace is West Lothian's online source of mental health and wellbeing information.

- local services
- self help materials
- local news and events

## Counselling and Support

### Victim Support West Lothian

A free, confidential & independent service to all victims of reported or unreported crime & those affected by crime. They can give emotional and practical help, info about the Criminal Justice System and support at court. They can provide information on other sources of help & assistance on Criminal Injuries Compensation claims.

**0800 160 1985**

Web chat (via website): [www.victimsupport.scot](http://www.victimsupport.scot)

### West Lothian Women's Aid (WLWA)

WLWA provide safe, temporary accommodation to women, children and young people who have experienced domestic abuse.

The charity works closely with West Lothian Council and Scottish Women's Aid as well as a number of other organisations which you can find more information on here.

**01506 413 721**  
(Monday to Friday)  
Email: [info@wlwa.org.uk](mailto:info@wlwa.org.uk)

# WLDAS

West Lothian Drug and Alcohol Service

**First Floor,  
The Almondbank Centre,  
Craigshill, Livingston EH54 5EH**

West Lothian Drug & Alcohol Service (WLDAS) is a 3rd sector organisation that was set up in 1985 to provide high quality, evidenced based, accessible services aimed at reducing the harm caused by drugs, alcohol and tobacco to West Lothian residents and communities.

Tel: **01506 430 225** | Email: [enquiries@wldas.org](mailto:enquiries@wldas.org) | [www.wldas.com](http://www.wldas.com)

### Support for Domestic and Sexual Abuse

The council's Domestic and Sexual Assault Team provides a specialised service to women and children in West Lothian who are experiencing, or have experienced, domestic and/or sexual abuse.

Please call us on **01506 281 055** or email [dasat@westlothian.gov.uk](mailto:dasat@westlothian.gov.uk) for confidential and friendly support.

## Health Information and Advice for Carers

# NHS inform

Health information you can trust

Looking for information on **medical conditions**, answers to common **health questions**, how to find **local health services** and **much more**.

Visit Scotland's National Health Information Service at:

[www.nhsinform.co.uk](http://www.nhsinform.co.uk)

or call **0800 22 44 88** (8am - 10pm)



facebook.com/nhsinform



@nhsinform



Call: **01506 448 000**

Email: [office@carers-westlothian.com](mailto:office@carers-westlothian.com)

Website: [www.carers-westlothian.com](http://www.carers-westlothian.com)

**Carers of West Lothian** is a local charity providing information, advice and support to disabled people and unpaid carers of any age. They aim to enable you to be more informed about your rights, connect you with others who share the same challenges you do, and help you to manage your role as a carer, or your disability, better. They are open Monday- Friday 9am to 5pm and are currently offering telephone and online support.