

NEURO DEVELOPMENTAL (ASD, ADHD & LD)	Counselling Services	LOCAL RESOURCES, Websites, Self-Help, Apps, Local Groups	BEREAVEMENT/ LOSS	ADDICTIONS
<p>AUTISM: No 6 – One stop shop for Autism - 0131 220 1075 http://www.number6.org.uk/ k/ www.autism.org.uk www.scottishautism.org https://www.autisminitiatives.org/ https://www.pasda.org.uk/</p> <p>ADHD: https://www.adhdfoundation.org.uk/ http://www.addiss.co.uk/ https://www.ukaan.org/ https://www.ukadhd.com/ https://www.scottishadhdcoalition.org/</p> <p>Share link to NHS Lothian ADHD Self Help Resource Pack (available on google)</p> <p>Consider: Mental Health Advocacy – 01506 857230 Carers of West Lothian – 01506 448400 Social Work for assessments and support if needed,</p>	<p>The River's Centre Single Trauma Events - <i>sci gateway</i></p> <p>Health in Mind – Trauma Focussed www.health-in-mind.org.uk 01506 637572. westlothian@health-in-mind.org.uk</p> <p>Wellbeing Scotland – Trauma focused www.wellbeingScotland.org 01324 630100</p> <p>DASAT (Domestic & Sexual Assault Team) dasat@westlothian.gov.uk - 01506 281055 or mobile/text (9am–5pm) 07818 421480 & 07917 582539).</p> <p>Veterans First Point https://www.veteransfirstpoint.org.uk/</p> <p>SMILE Counselling 11- to 24-year-old https://smilecounselling.org.uk/</p> <p>The Spark Counselling & Relationship Support - 0808 802 2088 Monday - Thursday 9am-9pm, Friday 9am-4pm https://thespark.org.uk/relationships-support-for-couples-individuals/local-counselling-locations/spark-counselling-livingston/</p>	<p>WestSpace for Self-Help, 1:1, Local Groups & Events) https://www.westspace.org.uk</p> <p>Free Self-Help Apps include:</p> <ul style="list-style-type: none"> • STOPP • The Deciders Skills • WRAP – Wellness Recovery Action Plan • Samaritan Self Help • For younger people – MEE TWO & Mindshift • Daylio APP - https://daylio.net/ • SLEEP10 APP https://www.sleepio.com/ <p>Breathing Space: 0800 838587 SHOUT – text service 85258</p> <p>Samaritans: 116 123 or 08457 90 90 90</p> <p>XCITE Referral – via GP or Other Health Professional</p> <p>Bi-Polar Scotland https://bipolarscotland.org.uk/</p> <p>Andy's Man Club - https://andysmanclub.co.uk/</p>	<p>Chaplaincy at St John's Hospital, Livingston 01506 522188 or contact local Chaplaincy</p> <p>The Bridge Community Project (www.bridgecommunityproject.org.uk) - 01506 238980. E-mail: admin@bridgecommunityproject.org.uk</p> <p>CRUSE Bereavement Care Scotland www.crusescotland.org.uk 0808 802 6161 (Monday-Thursday 9am–8pm & Friday 9am–4pm)</p> <p>Neil's Hugs Foundation https://www.neilshugsfoundation.com/</p> <p>Held in Our Heart's - counselling service is available for bereaved parents & grandparents. 0131 622 6263 info@heldinourhearts.org.uk</p>	<p>WLDAS (West Lothian Drug & Alcohol Service) https://www.wldas.com/ - 01506 430225)</p> <p>Change, Grow Live (CGL) West Lothian Recovery Service www.changegrowlive.org/recovery-service-west-lothian - 01506 353453. E-mail: wltrecoveryservice@cgl.org.uk.</p> <p>Alcoholics Anonymous www.alcoholicsanonymous.org.uk - National Help Line: 0800 917 7650. E-mail: help@aamail.org).</p> <p>Cocaine Anonymous Scotland www.casotland.org.uk /- National Help Line: 0141 959 6363).</p>