



TAYSIDE COUNCIL ON ALCOHOL

PROVIDE SUPPORT GROUPS, COUNSELLING AND MENTORING FOR PEOPLE AFFECTED BY DRUG, ALCOHOL OR GAMBLING USE. WE ALSO PROVIDE COUNSELLING SUPPORT FOR CHILDREN AND YOUNG PEOPLE AGED 10 – 18 YEARS. CALL FOR ADVICE OR TO MAKE A REFERRAL. 50 CONSTABLE STREET, DUNDEE, DD4 6AD 01382 456012



WE ARE WITH YOU

WE PROVIDE FREE AND CONFIDENTIAL SUPPORT TO PEOPLE EXPERIENCING ISSUES WITH DRUGS AND/OR ALCOHOL. WE WORK WITH PEOPLE ON THEIR OWN GOALS WHETHER THAT'S STAYING SAFE AND HEALTHY, MAKING A SMALL CHANGE OR STOPPING AN UNWANTED HABIT. CONTACT NO: 01382 206888 WEBCHAT: WEAREWITHYOU.ORG.UK



BARNARDO'S SCOTLAND WELCOME (UKRAINE) SERVICE

OUR PROJECT WORKERS CAN PROVIDE EMOTIONAL SUPPORT, ACCESS TO THERAPEUTIC SUPPORT, AND PRACTICAL SUPPORT TO HELP YOU ADJUST TO LIVING IN SCOTLAND. ALL OF OUR SUPPORT CAN BE ACCESSED WITH TRANSLATION IF REQUIRED. CONTACT OUR FREE HELPLINE ON 0800 148 8586 OR EMAIL SCOTLANDWELCOME@BARNARDOS.ORG.UK.

FEELING STRONG



FEELING STRONG IS DUNDEE'S YOUTH MENTAL HEALTH CHARITY AND WE PROVIDE A PEER-TO-PEER LISTENING SERVICE, GROUPS AND ACTIVITIES. CONTACT US AT - CONTACT@FEELINGSTRONG.CO.UK



HILLCREST FUTURES

**DUNDEE INJECTION EQUIPMENT PROVISION HARM REDUCTION SERVICE, 4 SOUTH WARD ROAD, DUNDEE, DD1 1PN 01382 200532
DROP-IN SERVICE MONDAY- FRIDAY 9-5PM (CLOSED BETWEEN 12-12:30PM FOR LUNCH) AND SUNDAY'S 12-2:30PM PROVIDES HARM REDUCTIONS SERVICES, SPECIALIST ADVICE ON SUBSTANCE USE, PROVISION AND ADVICE FOR INJECTION EQUIPMENT, AND A MULTITUDE OF TESTING; BLOOD BORNE VIRUS/PREGNANCY/LIVER/HEPATITIS**



DUNDEE VOLUNTEER & VOLUNTARY ACTION



CHANGING FOR THE FUTURE



PENUMBRA DUNDEE NOVA

MANY OF OUR TEAM MEMBERS HAVE THEIR OWN LIVED EXPERIENCE OF LIVING WITH MENTAL HEALTH CHALLENGES AND PROVIDE SUPPORT FOR PEOPLE AGED 16 AND OVER IN DUNDEE ON A ONE-TO-ONE BASIS AND THROUGH GROUP WORKSHOPS, AND WE CAN CONNECT YOU TO MEANINGFUL ACTIVITIES AND RESOURCES WITHIN YOUR COMMUNITY. THERE MAY BE A CHARGE FOR THIS SERVICE DEPENDING ON YOUR INCOME. DUNDEE.NOVA@PENUMBRA.ORG.UK 01382 223487

PENUMBRA DUNDEE CARERS

IF YOU'RE CARING FOR SOMEONE LIVING WITH MENTAL HEALTH CHALLENGES AND YOU'RE LOOKING FOR SUPPORT, WE CAN OFFER THIS ON A ONE-TO-ONE BASIS AND THROUGH GROUP WORKSHOPS, AND WE CAN ALSO CONNECT YOU TO MEANINGFUL ACTIVITIES AND RESOURCES WITHIN YOUR COMMUNITY. FOR PEOPLE AGED 16 AND OVER IN DUNDEE, FLEXIBLE SUPPORT, SELF-REFERRAL OR AGENCY REFERRAL - DUNDEE.CARERS@PENUMBRA.ORG.UK 01382 223487

PENUMBRA SELF HARM SERVICE

WE CAN OFFER YOU COMPASSIONATE AND NON-JUDGEMENTAL SUPPORT IF YOU'RE LIVING WITH SELF-HARM, AND EXPLORE OVERALL WELLBEING AND ALTERNATIVE COPING STRATEGIES. FOR PEOPLE AGED 16 OR OVER IN DUNDEE, FLEXIBLE SUPPORT, SELF-REFERRAL OR AGENCY REFERRAL - SELFHARM.DUNDEE@PENUMBRA.ORG.UK 01382 223487

TERRENCE HIGGINS TRUST



HIV TREATMENT IN THE UK IS FREE OF CHARGE FOR EVERYONE, REGARDLESS OF THEIR IMMIGRATION STATUS AS LONG AS THEY LIVE HERE. THERE IS A WEEKLY CLINIC ON TUESDAYS, MIDDAY - 7PM, OFFERING FREE AND CONFIDENTIAL SEXUAL HEALTH TESTING. APPOINTMENTS MUST BE MADE BY EMAILING INFO.DUNDEE@THT.ORG.UK. THIS CLINIC PROVIDES SEXUAL HEALTH INFORMATION, ADVICE, AND TESTING. IT ALSO PROVIDES SUPPORT FOR THOSE LIVING WITH HIV. TERRENCE HIGGINS TRUST (SCOTLAND), SUITE 17, MARKETGAIT BUSINESS CENTRE, 152 WEST MARKETGAIT, DUNDEE, DD1 1NJ. PEOPLE LIVING WITH HIV LOOKING FOR SUPPORT SHOULD CONTACT: PSS@THT.ORG.UK -OUR OFFICE NUMBER IS 0141 202 2006



HEALTH INCLUSION NURSING TEAM

OUTREACH NURSES WHO OFFER COMMUNITY BASED HOLISTIC HEALTH AND WELLBEING CHECKS AND HEALTH CONSULTATIONS TO UKRAINIAN NATIONALS SETTLING IN DUNDEE - 01382 424014



STREET SOCCER

PROVIDES PEER SUPPORT IN THE FORM OF FITNESS GROUPS FOR WOMEN AND MEN AFFECTED BY A RANGE OF CHALLENGES, SUCH AS; MENTAL HEALTH, SUBSTANCE USE, HOMELESSNESS

TRANSLATED BY ANNA YULE



DUNDEE VOLUNTEER & VOLUNTARY ACTION



CHANGING THE FUTURE FOR THE FUTURE