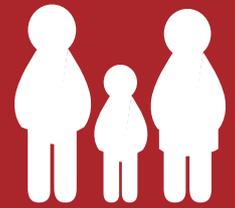


# If you think someone is in immediate danger phone the Police on 999



## Concerned about an adult at risk:

**Dundee Health & Social Care** 01382 434019  
**Partnership First Contact Team**  
e: [firstcontact.teamadmin@dundeecity.gov.uk](mailto:firstcontact.teamadmin@dundeecity.gov.uk)

This service operates Monday to Friday  
8.45am to 5.00pm

## Concerned about a child:

**Dundee Child Protection Line** 01382 307999  
[www.dundeeprotectschildren.co.uk/report](http://www.dundeeprotectschildren.co.uk/report)

## Out of Hours:

Contact outwith daytime hours can be directed to:  
**Social Work Out of Hours Service** 01382 307964  
(evenings between 4.45pm and 9am, & weekends)

## Substance Use:

**Integrated Substance Misuse Service** 01382 632542  
[www.nhstayside.scot.nhs.uk/OurServicesA-Z/  
SubstanceMisuseService/PROD\\_214340/index.htm](http://www.nhstayside.scot.nhs.uk/OurServicesA-Z/SubstanceMisuseService/PROD_214340/index.htm)

**We Are With You** 01382 206888  
(Formerly Addaction)

**Hillcrest (Cairn Centre)** 01382 200532

## Violence Against Women:

**Dundee Women's Aid Support Line** 01382 207099

**WRASAC Support Line** 01382 201291

**24 hour Scottish Domestic Abuse/  
Forced Marriage Helpline** 0800 027 1234

**Rape crisis line** 08088 01 03 02

**Revenge Porn helpline** 03456 000459

**Modern Slavery Helpline** 08000 121 700

**Shakti Women's Aid** 01382 207 095

**Amina Helpline for Muslim Women** 0808 801 0301

**LGBT Helpline Scotland** 0300 123 2523

**Men's Advice Line** 0808 801 0327

## Additional Information:

**Scotland's National BSL Interpreting Video Relay Service**

[contactscotland-bsl.org](http://contactscotland-bsl.org)

We are open all the time – no matter what time you need to make a call, we'll be here

**Dundee North East** 01382 721455

**Sensory service**

Text number 07713 711 772

e: [dundee@nesensoryservices.org](mailto:dundee@nesensoryservices.org)

**Volunteer Dundee**

[www.volunteerdundee.org.uk/our-work/dial-op](http://www.volunteerdundee.org.uk/our-work/dial-op)

telephone befriending (often for older adults)



Contacts



About Suicide

# Suicide? Help!



How to Help



Safety Plan

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

Download the 'Suicide? Help' app in iOS app store or Google Play store

**CRISIS SUPPORT**



Emergencies **999** | Samaritans **116 123**  
Breathing Space **0800 83 85 87** | NHS 24 **111**

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



**Protecting  
People  
in Dundee**