

# PLUS Perth and Kinross Information Resource



## Helplines and Support Services Over Christmas 2009

### National 24 Hour Christmas Helplines

<b>Samaritans</b>	08457 90 90 90 jo@samaritans.org.uk
<b>Saneline</b>	0845 767 8000
<b>Childline</b>	0800 11 11
<b>Drinkline</b>	0800 917 8282
<b>Scottish Womens Aid</b>	0800 027 1234
<b>NHS 24</b>	08454 242424
<b>(Mental Health Out of Hours)</b>	

<b>Breathing Space</b> (open 6pm-2am and 24 hours at weekend)	0800 83 85 87
<b>Shelter</b> (open 9am-5pm Monday-Friday)	0808 800 4444
<b>Rape Crisis Scotland National Helpline</b> (open 6pm to 12 midnight daily)	08088 01 03 02



### Local 24 Hour Christmas Helplines

<b>Adult Care Services</b>	0845 301 11 20
<b>Emergency Accommodation</b>	0800 917 0708
<b>Emergency Flooding Hotline</b>	01738 625411
<b>Mental Health Services</b>	0845 301 11 20
<b>Council housing emergency repairs</b>	0845 301 11 10

### Local Organisations offering extended Christmas services

**PLUS** 01738 626242  
Drop in and information service, 10am-4pm,  
Monday 28<sup>th</sup> Dec and Monday 4<sup>th</sup> Jan.  
Normal hours Tues 29<sup>th</sup> and Wed 30<sup>th</sup> Dec. Closed 31<sup>st</sup> Dec  
Plus Christmas Gathering 29<sup>th</sup> Dec, 12.30 – 4.30pm, Perth Concert Hall.  
Telephone PLUS for more information.

**Perth Samaritans** 01738 626666  
Local helpline and national helpline (08457 909090) open 24 hours over the holidays.  
Office at 59 King Street, Perth, will be open for people to drop in, opening times:-  
24<sup>th</sup> Dec 10-11 am or 5-7pm  
25<sup>th</sup> Dec 8-10pm  
26<sup>th</sup> Dec 11-5pm

31<sup>st</sup> Dec 2-8pm  
1<sup>st</sup> Jan 5-10pm  
2<sup>nd</sup> Jan 9-2pm and 8-10pm

**CATH Day Centre** 01738 449331  
Emergency homelessness  
Christmas Day 10am-2pm  
Mon 28<sup>th</sup> Dec – Thurs 31<sup>st</sup> Dec 9.30am-3pm as normal  
New Years Day 10am-2pm

**Womens Rape and Sexual Abuse Centre** 01738 630965

Local helpline will operate as normal for Tuesdays & Sundays 7.00 – 9.00pm throughout the holidays.

Helpline cover Monday the 28<sup>th</sup> December 9.30 – 12.00noon

Tuesday 29<sup>th</sup> & Wednesday 30<sup>th</sup> (All Day) 9.30 – 4.30pm

A 24 hour answering service is available with all the above information provided.

**Perth Citizens Advice Bureau**

Telephone Advice Line: 01738 624301

Christmas opening:

Monday 21 <sup>st</sup>	10 - 3	Telephone advice only
Tuesday 22 <sup>nd</sup>	10 - 12	Drop-in service in CAB
	1 - 3	Telephone advice only
Wednesday 23 <sup>rd</sup>	10 - 3	Telephone advice only
Tuesday 29 <sup>th</sup>	10 - 3	Telephone advice only
Wednesday 30 <sup>th</sup>	10 - 3	Telephone advice only

**North Church, Mill Street, Perth** 01738 622298

Christmas Eve and Hogmany, Free Hot Meal, 5-7pm

**Perth Street Pastors** – Coordinator Michael Archibald 01738 840995

Christmas Eve 10pm – 2am

Christmas Day 10pm – 2am

Boxing Day 10pm-2am

**Move Ahead** 01738 562403.

A member of staff will be available from Tuesday 29th Dec until Hogmany.

**Community Psychiatric Nursing Service**

St Leonards Bank, Perth

01738 458950

Kings Centre, Crieff

01764 657120

Trades Lane, Coupar Angus

01828 626000

Closed 5pm Christmas Eve- Re-open 9am Tuesday 29/12/09

Closed 5pm Hogmany- re-open Tuesday 5/01/10

**PAMH** 01738 639657

Tuesday 29 December 2009 12pm – 3pm

Wednesday 30 December 2009 12pm to 3pm

Thursday 31<sup>st</sup> December 2009 closed

Re-open again on Tuesday 5th January 2010

**Central Healthcare** 01738 631032

79 South Street, Perth, PH2 8PD

Christmas Eve close 4.30

Sat/Sun/Mon closed

Tues/Wed/Thurs open as normal

**Independent Advocacy** 01738 587887

Skeleton staffing over the Christmas and New Year period from after Friday 18<sup>th</sup> to Tuesday 5<sup>th</sup>. The Mental Health Advocacy Workers they will be coming in for a few hours each day (checking post and answer machine etc.), with the exception of Friday 25<sup>th</sup>, Friday 1<sup>st</sup> and Monday 4<sup>th</sup>. All days in between they will be covering urgent advocacy support such as tribunals.



Funded by



chooselife