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MENTAL HEALTH/ADDICTIONS			
CALM	Mental health support with phone line and webchat (5pm-midnight every day). Also a list of guides and tips on how to manage a range of issues such as anxiety or suicidal thoughts. Support also provided for those who have been affected by suicide.	Homepage Campaign Against Living Miserably (CALM) (thecalmzone.net)	
SLEEP PROBLEMS	Provision of advice and support to empower the Nation to sleep better. Aims to improve sleep support and access to high quality information, raise awareness of the value of a good night's sleep and promote understanding around the complexities of sleep. There is a support line, online resources and an online course (small fee)	https://thesleepcharity.org.uk/	
ADDICTION SUPPORT	Provides an overview of addiction services available both within the NHS and voluntary within in South Ayrshire	https://www.mylogin.uk/site/salifeline/Docs/8Addiction---Quick-Guide.pdf	
BREATHING SPACE	Confidential support for anyone over the age of 16 in Scotland who is feeling lonely or depressed	https://breathingspace.scot	
MENTAL HEALTH/YOUNG PEOPLE			
SHOUT	Support for young people experiencing bullying, anxiety and other mental health issues. The link to the website gives information on a simple phone back support (via sending a text) if feel that you need to speak to someone. Supported by the NHS.	South Ayrshire Community Mental Health Support (southayrshirecmhw.co.uk)	
CHILDLINE	Services for children who are struggling with mental health issues. Provides advise and support around issues such as exam stresses anorexia and more	https://www.childline.org.uk	


AYE FEEL	Information and online support for young people who are struggling with their mental health.	Aye Feel – Young Scot	
SilverCloud	Supporting an anxious child - the programme has been designed to help support your child ages 5-11 in dealing with worry and anxiety.	SCH_OnePager_CYP_SupportingAnxiousChild_Participants_Editable_2211.pdf	
SilverCloud	Supporting an anxious teenager - the programme has been designed to help support your teenager ages 12-18 in dealing with worry and anxiety.	SCH_OnePager_CYP_SupportingAnxiousTeen_Participants_Editable_2211.pdf	
GENDER BASED VIOLENCE			
RAPE CRISIS CENTRE	Advice for people who have experienced rape or sexual assault	https://www.rapecrisisscotland.org.uk	
SCOTTISH WOMEN'S AID	Advice for women who have experienced physical, mental or sexual violence. Support is also available for children and young adults as well as those who are affected by forced marriage.	Scottish Women's Aid Changing attitudes, changing lives. (womensaid.scot)	
BEREAVMENT			
Cruse Bereavement	Helping people who have experienced bereavement. Support and information available and a helpline.	https://www.cruse.org.uk/	

CANCER			
MACMILLAN CANCER SUPPORT	information about difference types of cancer and also treatment types.	https://www.macmillan.org.uk/	
AYRSHIRE CANCER SUPPORT	Services include counselling, hospital transport, specialist service for young people affected by cancer as well as support groups, information and podiatry services. Also provide counselling support, specialist nursing advice and care.	https://www.ayrshirecs.org/services	
PROSTATE CANCER	Support and advice for people living with or affected by prostate cancer. Information on treatment options and other supports available and contact information for an advice phone line.	https://prostatecanceruk.org/get-support	
CHRONIC PAIN			
PAIN ASSOCIATION OF SCOTLAND	The Association's overall aim is to improve the quality of life for chronic pain sufferers by supporting and empowering them to live independently in the community.	https://painuk.org/members/charities/pain-association-scotland/	
AYRSHIRE AND ARRAN PAIN MANAGEMENT SERVICE	The Pain Management Service in NHS Ayrshire & Arran is a multi-disciplinary team which offers a range of different approaches with the aim of improving the lives of people with persistent pain. Website includes information resources such as leaflets, videos as well as other support for people and carers who are experiencing chronic pain.	https://www.nhsaaa.net/pain-management-service/home/	

FINANCIAL SUPPORT/HOUSING			
HOME ENERGY SCOTLAND	A network of local advice centres covering all of Scotland. Expert advisors offer free, impartial advice on energy saving, keeping warm at home, renewable energy, greener travel, cutting water waste and more.	https://www.homeenergyscotland.org/	
SOUTH AYRSHIRE BENEFITS AND WELFARE ADVICE	Confidential phone line to provide help and support on financial issues.	Benefits and Welfare Advice - South Ayrshire Council (south-ayrshire.gov.uk)	
POSITIVE AGING			
Alzheimers Scotland	Wide range of information about Alzheimers disease, how to live positively with the condition as well as advice for carers and other family members.	https://www.alzscot.org/	
Blue Badge For Parking	Government website to apply for or renew a Blue Badge which allows for easier parking and closer access to locations when parking.	https://www.gov.uk/apply-blue-badge	
Age Scotland	Online information and workshops around positive ageing. Information in areas such as health, social security and social isolation.	https://www.ageuk.org.uk/scotland/	
PHYSIOTHERAPY			
Ayrshire and Arran MSK Service	Provides access to the current evidence and advice regarding the management of common musculoskeletal conditions. In each section the physiotherapist has created exercise videos that you can access from the comfort of your own home.	https://www.nhsaaa.net/musculoskeletal-service-msk/	

<p>HEALTHY LIVING/WEIGHT MANAGEMENT AND EXERCISE</p>			
<p>WEIGH TO GO</p>	<p>Are you interested in improving your health and losing weight? Think about Weigh to Go. It is a different way to manage your weight that includes an exercise session alongside health checks, weigh-ins and education sessions. Ongoing support continues for up to one year and will equip you with the tools to maintain a healthy weight. Sessions also designed for older adults and those recovering from health conditions.</p>	<p>https://southayrshirelifeline.org/listing/weigh-to-go-ayrshire/339/</p>	
<p>HEALTHY EATING</p>	<p>Website with information and tips on healthy eating and how to improve your diet.</p>	<p>Improve your health using food — The Doctors Kitchen</p>	
<p>NHS Live Well</p>	<p>NHS advice on how to maintain and improve diet and lifestyle. Also includes an app for calculating your BMI and tips around exercise and sleep.</p>	<p>Live Well - NHS (www.nhs.uk)</p>	
<p>HOW TO LOWER CHOLESTEROL</p>	<p>British heart foundation advice on how to manage lowering your cholesterol and easy steps which can be taken to achieve this. Also included is a useful leaflet on understanding cholesterol.</p>	<p>https://www.bhf.org.uk/information-support/risks-factors/high-cholesterol/five-top-questions-about-lowering-cholesterol</p>	
<p>HEALTHY EATING FOR TYPE 2 DIABETES</p>	<p>Advice and information on healthy eating for people with type 2 diabetes, includes suggested meal plans.</p>	<p>https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/i-have-type-2-diabetes</p>	
<p>MENOPAUSE</p>			
<p>BALANCE WEBSITE/ APP</p>	<p>Providing medical evidence-based perimenopause and menopause information, to help people become better informed and more prepared during this time of their lives. Can also be downloaded as an app</p>	<p>https://www.balance-menopause.com/</p>	

MEOPAUSE MATTERS	Wide range of information on self care and treatment options for the menopause.	https://www.menopausematters.co.uk/	
INFORMATION ON COMMON MEDICAL CONDITIONS			
ASTHMA	This website provides information on how to manage asthma and prevent attacks. Information also available on different types of inhalers and treatments.	https://www.asthma.org.uk	
HEART DISEASE	British Heart Foundation provides information on how to manage common cardiac related health conditions and how to reduce the risk of heart disease	Heart and circulatory conditions BHF - BHF	
EPILEPSY	Information for people with epilepsy and their families. How to manage epilepsy and provision of support	https://www.epilepsy.org.uk	
DIABETES	Wide Range of information about diabetes including type 1 and 2 and how to prevent diabetes, information helpline also available.	https://www.diabetes.org.uk	
SEXUAL HEALTH	Gatehouse Sexual Health Clinics based in Ayr and Ayrshire Central provide a wide range of services including testing for sexual infections, PREP and PEP as well as support with contact tracing, other advice and information. Also provide dedicated clinics for young people under the age of 18.	https://shayr.com/	

SOCIAL SUPPORT/ACTIVITIES IN AYRSHIRE			
SOUTH AYRSHIRE LIFELINE	Single website for a range of activities and supports available to people living in South Ayrshire, information also available for Carers and support for people living with dementia.	https://southayrshirelifeline.org	
MY BUS- SOUTH AYRSHIRE	Bookable bus for South Ayrshire, can be booked online or over the phone - please see website for information leaflet.	https://www.spt.co.uk/media/o54jkjyr/mybus-service-m13-a5-folded-leaflet-updated.pdf	