

Breathing Space (Freephone) 0800 838 587
(Mon - Fri 6pm - 2am, Sat - Sun 6pm - 6am)
Confidential phonenumber if you're feeling low
or depressed

www.breathingspace.scot

One-to-one Counselling 01339 886700
Service Deeside

www.mha.uk.net

Networks of Wellbeing 01466 793732
Mental health and wellbeing support

www.networksofwellbeing.org

Samaritans (24hrs, 365 days) (Freephone) 116 123

www.samaritans.org

**Scottish Association for
Mental Health** 0344 800 0550

samh.org.uk/information/contact-us

Email: info@samh.org.uk

Paths for All www.pathsforall.org.uk 01786 641851

Healthy Walking

ALISS - local help, support and activities for
health and wellbeing close to your postcode

www.aliss.org

Money Matters

**Aberdeenshire Council Support
and Advice Team (ASAT)** 0345 608 1200

help with Housing Benefit, Council Tax Reduction,
Blue Badges, Free School Meals, School Clothing
Grants and Scottish Welfare fund enquiries

www.aberdeenshire.gov.uk/benefits-and-grants/contact-us/

Christians Against Poverty (CAP) 01274 760761

www.capuk.org

Citizens Advice Bureau (CAB) 01224 747714

www.swacab.org.uk

Gordon Rural Action 01466 793676

Free, confidential, impartial and independent
advice www.gordonruralaction.org.uk

Grampian Credit Union 01224 561506

www.grampiancreditunion.co.uk

Money Helper 0800 011 3797

help with pensions

www.moneyhelper.org.uk

Transport

Last updated June 2025

Transport to Health Care (THInC) 01467 536111

travel advice to health or social care appointments

www.thinc-hub.org

Traveline Scotland 0141 465 1878

Public transport information and journey planner

www.travelinescotland.com

A2B Dial-a-Bus & Ready2Go Bus Services

01467 535 333

www.aberdeenshire.gov.uk/roads-and-travel/public-transport

Computer Access

Live Life Aberdeenshire 01467 532929

access to computers and internet via local libraries

www.livelifewaterdeenshire.org.uk/libraries

Literacy Support, ESOL & Numeracy

Community Learning and Development Teams

at Banchory, Aboyne, Huntly and Alford

www.aberdeenshire.gov.uk/communities-and-events/cld/

Emergency Contact Information

Police Scotland

For all non-emergencies 101

For all emergencies 999

Scottish Fire and Rescue

For all emergencies 999

To arrange free home safety visits 0800 0731 999

NHS24 111

Health information and self-care outwith GP or
normal dental opening hours

Dental Information and Advice 0345 456 5990

Line (DIAL) (Office hours)

Aberdeenshire Council

For details of Council's emergency services see
webpage:

www.aberdeenshire.gov.uk/contact-us/emergency-contacts/

Scottish and Southern Electricity Network

Emergency helpline 0800 300 999

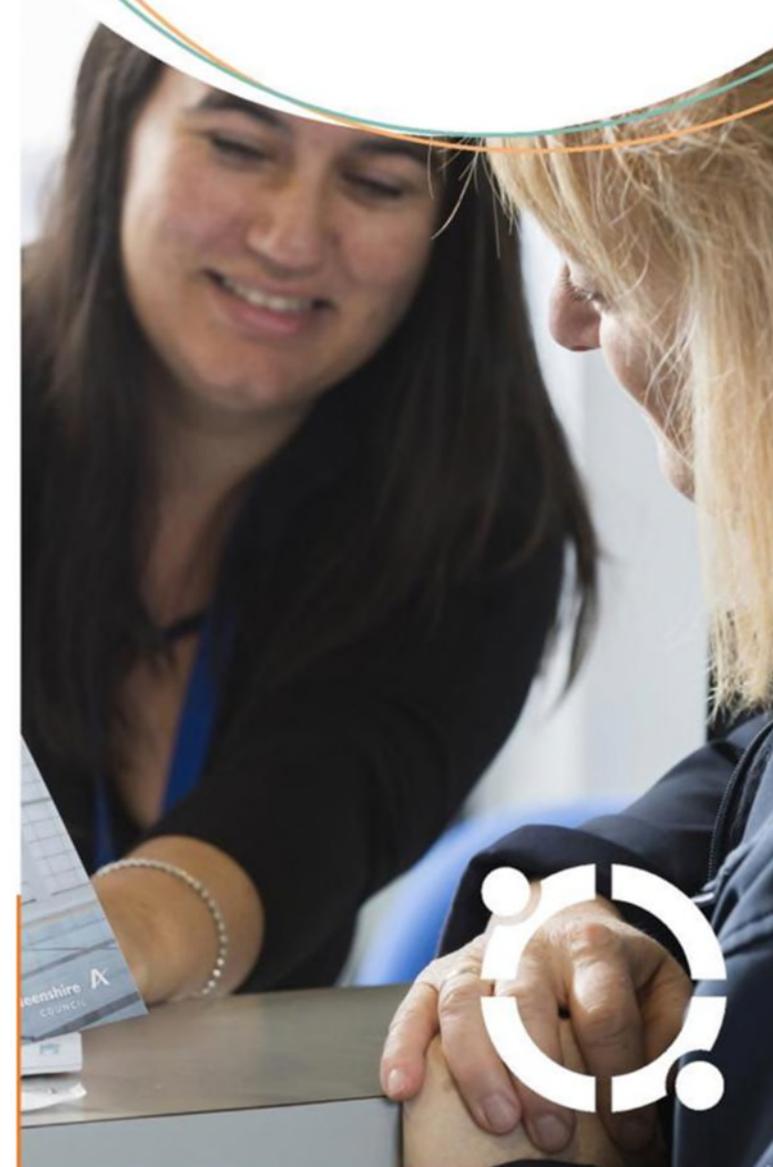
National Power Cut Helpline (24/7) 105

www.sse.co.uk/help/energy

National Gas Helpline 0800 111 999

Scottish Water 24/7 Freephone 0800 077 8778

MARR AREA Who, Where & How to get in touch with someone who can help You



Who, Where & How to get in touch with someone who can help **You**

We have listed the main organisations active in the Marr area for each issue with telephone numbers and website addresses

Alcohol & Drugs

Aberdeenshire Alcohol and Drug Service 01224 558844

www.aberdeenshirealcoholanddrugsupport.org.uk

Alcohol & Drugs Action (Freephone) 0333 3448 355
www.alcoholanddrugsaction.org.uk

Alcoholics Anonymous 0800 9177 650
www.alcoholics-anonymous.org.uk

Narcotics Anonymous (UKNA) 0300 999 1212
www.ukna.org

Domestic Abuse

Grampian Women's Aid 01224 593 381
www.grampian-womens-aid.com

Scotland's Domestic Abuse & Forced Marriage Helpline (24hrs) 0800 027 1234
www.sdafmh.org.uk

Victim Support 0800 160 1985
www.victimsupportsco.org.uk

Employment

Employment Support Team 01467 533 058
www.aberdeenshire.gov.uk/jobs-and-carers/employability-support/employment-support-team/

Employment CONNECT 01467 468585

Fair Start Scotland 0800 049 7061
employment support service
www.startscotland.scot/fair-start-scotland

Skills Development Scotland 0800 917 8000
www.skillsdevelopmentscotland.co.uk

Family & Relationships

Children

Aberdeenshire Council Social Care Service (including out-of-hours service) 0345 608 1206

Childline (Freephone) 0800 1111
direct support for children
www.childline.org.uk

Family Information Service 0800 298 3330
www.families.scot

Homestart Deeside & Donside 01330 824 443
support for families with young children
www.homestartdeeside.org

Relationships

Avenue 01224 587571
mediation, counselling and child contact
www.avenue-info.com

Relationships Scotland (Infoline) 0345 119 2020
www.relationships-scotland.org.uk

The Spark (Freephone) 0808 802 2088
Counselling and mental health support for all ages
www.thespark.org.uk

Older Adults

Alzheimer Scotland (Freephone) 0808 808 3000
www.alzscot.org

Kincardine & Deeside Befriending 01569 765 714
reducing social isolation and loneliness in older people
www.kdbefriending.org.uk

The Silver Line (Freephone) 0800 470 8090
helpline for older people
www.thesilverline.org.uk

Carers Support

Quarriers Carers Service 01224 914 036
services and support for any unpaid carers
www.quarriers.org.uk/services/aberdeenshire-adult-carers/

Access to Food

North Aberdeenshire Foodbank 07479 954 746

Email: info@aberdeenshirenorth.foodbank.org.uk

South Aberdeenshire Foodbank (Banchory) 07926 969408
www.aberdeenshiresouth.foodbank.org.uk

Home Energy Scotland Advice Line 0808 808 2282
for free, impartial advice and practical assistance for reducing fuel bills
www.homeenergyscotland.org

Housing & Homelessness

Aberdeen Foyer 01224 212924
supporting people towards independent living, learning and work
www.aberdeenfoyer.com

Aberdeenshire Care & Repair 01467 534 753
provides a repairs, maintenance and adaptations service to Aberdeenshire owner occupiers and private landlords' tenants over 60 and/or disabled and in receipt of benefits
www.aberdeenshire.gov.uk/careandrepair

Aberdeenshire Council Housing & Homelessness Team 0345 608 1203

Houseability 01779 490 908
Contact: PO Box 11541, Huntly, AB54 9AL
Advice Assistant 07494 771 764
Housing Advisor 07940 958 929
Email: info@houseability.org.uk
www.houseability.org.uk

Let's Choose - affordable housing 01224 202900
www.grampianhousing.co.uk

Mental Health and Wellbeing

Advocacy Northeast 01467 651604
works with people aged 16 years and over with learning disabilities, dementia and acquired brain injury, to support them in dealing with health and social care matters
www.advocacyne.org.uk

Scottish Assoc. for Mental Health 0344 800 0550
samh.org.uk/information/contact-us
Email: info@samh.org.uk