



A Community Project by the Rotary Club of Inverness Riverside

Sources of Help & Advice in the Inverness Area, October 2022



ORGANISATION	TYPE OF ASSISTANCE	TIMES	ARRANGEMENT	ADDRESS AND CONTACT
Mikeysline	Confidential face to face and text based mental health support for adults & young people	TEXT: Sun – Thurs 6pm – 10pm TEXT: Fri-Sat 7pm – 7am 1:1 Appointments please email Drop in: 7:45pm Mon – Sun	TEXT, Messenger & Twitter Drop in or arrange an appointment Whatsapp, Webchat or Website	The Hive, 19 Academy Street TEXT: 07786 207755 Messenger, Twitter & Facebook www.mikeysline.co.uk/appointments www.mikeysline.co.uk
Listening Ear A place to be listened to	Free, trained to listen, emotional caring support, open to all & non judgemental	Arrange an appointment or drop in to CCC Wed 9am – 1pm or Hilton Church Thurs 12 Noon – 3pm	Additional listening times by appointment through the week	Culduthel Christian Centre (CCC) Culduthel Avenue IV2 6AS Call: 07908 402344 listeningear@churchatccc.org
The Samaritans	Confidential listening & emotional support	24 Hours/7 Days	Phone, email or write	Call: 166123 (no code required) jo@samaritans.org Write to 'Freepost Samaritans Letters'
Addictions Counselling Inverness (ACI)	Talking therapy & group work for people & families. Alcohol, drugs or gambling recovery	Mon & Wed 10am – 8pm Tues & Thurs 10am – 4.40pm	Drop in or call or text your mobile number for an online form	108 Church Street, IV1 1EP Call: 01463 220995 Text: 07736 345257 info@addictionscounsellinginverness.org
Alcoholics Anonymous	Help with Alcoholism and Alcohol dependency		Call or Email for info for local help	Call: 0800 9177650 help@aamail.com
Universal Credit	If on Universal Credit: Advance Payment Hardship Payment Budgeting Advance		A loan to be repaid through universal credit payments	Call Helpline: 0800 328 5644 Text: 0800 328 1344 Inverness Job Centre, River House, Young Street, IV3 5BP (0800 169 0190)
inSpire at St Andrew's Cathedral	School uniform & winter jacket bank for 0-18 years. Toiletries & emergency food	Wed 10am – 2pm Thurs 10am – Noon	Just turn up or call or email advance	Cathedral Office, 9-11 Kenneth St Call: 01463 225553 inspires@invernesscathedral.org
New Start Highland	Housing support & furniture provision, advice if at risk of becoming homeless & employability training assistance	Open Mon – Fri 9am – 5pm	Visit, phone or email	9 Carsegate Road Call: 01463 715615 or 728771 reception@newstarthighland.org
The Grace and the Gap Fund	Emergency Gas and Electric Top-Ups. Toiletries and essential household cleaning products.	Mon – Thurs 12 Noon – 2pm (Term Times)	For Hilton, Castle Heather and East Ness areas. Refer from a professional. e.g. Education, NHS or Council.	Greyfairs Free Church Balloan Road Email: graceandthegap@gmail.com
Scottish Welfare Fund	Emergency help with food, white goods, (cooker, fridge, washing machine etc) & welfare. Also assistance if on low income.	Mon – Fri 9am – 5pm	Phone or email (If on benefits or not)	Call: 0800 0831887 www.mygov.scot/scottish-welfare-fund
Inverness Womens Aid	Support for women, children & young people experiencing domestic abuse	Mon – Fri 9am – 5pm Voicemail all other hours Also contact via Facebook	Phone or email in confidence	Call: 01463 220719 info@invernesswa.org 24 Hr National Domestic Abuse: 0800 027 1234
Christians Against Poverty (CAP)	Professional help & advice on money management & overcoming dept	Replies Mon – Fri 9am – 5pm	Phone or email	Call: 0800 3280006 info@capuk.org
Inverness Citizens Advice Bureau (CAB)	Advice on a wide range of areas e.g. benefits, debt, energy and support for gambling harms	Mon – Fri 9.30am – 4pm	Phone, email or face-to-face	29-31 Union St Call: 01463 237664 enquiries@invernesscab.org
Highland Council Homeless Team	Homeless or Threatened with Homelessness	Office & Out-of Hours 24/7	Phone, Website or Write The Housing Policy Officer Glenurquhart Rd, Inverness, IV3 5NX	Call: 01349 886602 Out or Hours: 01349 886691 www.highland.gov.uk
Highland Council Social Work Emergency Out Of Hours Team	Urgent child protection issues, people at risk, people with disabilities, family breakdown, mental health emergencies, adult care and support.	Mon – Fri after 5pm Sat – Sun 24/7	Emergency Out Of Hours Team	Call: 08457 697284
Highland Council Service Point	Housing benefit, housing services, general assistance advice, information on all Council services & help with form filling	Mon-Fri 10 – 12.30 1.30 – 4.30pm	Visit or on-line	Inverness Service Point, Town House (Entrance from Castle St) highland.gov.uk
Highland Council Welfare Support Team	Assistance with all financial benefits/income maximisation/Benefit checks/free school meals, DHP etc	Mon – Fri 9am – 5pm	Phone or Email	Call: 0800 090 1004 welfare.support@highland.gov.uk

Compiled by Rotary Club of Inverness Riverside as a community project

Updates / alterations please contact: 07917 113 187



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