

# Emergency Support Contacts

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Over the Christmas period, Perth CAB will be closed from 12pm on Friday 24th December until Wednesday 5th January 2022

If you need urgent assistance over that period, we have listed some organisations that may be of help.

Please contact each individual organisation to confirm their arrangements over Christmas and be sure to call Perth CAB on 5th January if you need further support.

**From 5th January 2022 you can again reach us on:**

**FREEPhone:** 0808 196 9440 10am - 3pm Mon to Fri  
(Free from both landlines and mobiles)

**Email:** advice@perthcab.org.uk

**Webchat:** www.perthcab.org.uk  
(10am – 1pm Mon to Fri)

[www.perthcab.org.uk](http://www.perthcab.org.uk)  
[www.citizensadvice.org.uk/scotland](http://www.citizensadvice.org.uk/scotland)

# Food and Food Banks

## Church of the Nazarene:

'The Ark' provides a hot meal service on Tuesday nights.

Trinity Church of the Nazarene  
York Place Perth PH2 8E

## Churches Action for the Homeless (CATH):

Day centre: free breakfast and cheap lunch Mon to Fri 9:30am-3pm

Ladeside St Catherine's Road Perth PH1 5RY  
01738 633077

## Crieff Community Foodbank (Crieff, Comrie & Gilmerton) :

Crieff Health Centre King Street Crieff PH7 3HR  
07510626821  
Crieffcommunityfoodbank67@gmail.com

## Broke not Broken (Kinrosshire and Glenfarg):

Foodbank is open every Tuesday and Thursday from 10 to 2pm  
The Beacon St Paul's Church The Muirs Kinross KY13 8AY

Call: 07709 107640

Email: [admin@brokennotbroken.org](mailto:admin@brokennotbroken.org)

## Perth Salvation Army Café:

Filled rolls and hot drinks from 12:30-1:30pm Monday-Thursday  
Perth Church & Community Centre  
77 South Street, Perth, PH2 8PD

Tel: 01738 440090

Perth & Kinross Foodbank; Christmas Opening Times

Perth Foodbank  
11 Cutlog Vennel  
Perth PH1 5HY  
01738 62679  
Mon - Wed - Fri 12 - 4

Blairgowrie Foodbank  
St Catharine's Community Centre,  
George Street,  
Blairgowrie PH10 6EY  
Tue 10 - 11.30 / Thurs 2.30 - 4

[www.perthkinrossfoodbank.org.uk](http://www.perthkinrossfoodbank.org.uk)

## North Church:

Offers hot meals on Thursdays between 7 and 8pm  
North Church Mill St Perth PH1 5PB

## The Blue Door Foodbank (Auchterarder):

Tuesday to Friday 10am to 2pm

01764 660965

[info@BlueDoorFoodbank.org](mailto:info@BlueDoorFoodbank.org)

# Emotional Support

## **Samaritans Scotland:**

A 24-hour confidential helpline for those who wish to talk about whatever problems they may have and have someone listen.

National UK Helpline: 116 123

Samaritans of Perth  
01738 626666

## **Breathing Space:**

Breathing Space provides a free and confidential telephone and email service to those experiencing depression and/or anxiety.

Tel: 0800 83 85 87

## **SSAFA**

(Soldiers, Sailors, Airmen's Families Association) provides life-long practical and emotional support for anyone who has ever served in the Armed Forces and their families.

Tel 0800 731 4880  
or visit their website [www.ssafa.org.uk](http://www.ssafa.org.uk)

## **The Lighthouse for Perth**

A local service offering crisis support for anyone aged 12+ who find themselves in emotional distress or crisis.

Freephone crisis line 0800 121 4820  
[help@lighthouseforperth.org](mailto:help@lighthouseforperth.org)

## **Perth College Student Support Service:**

Housing and accommodation · Finance · Support with learning difficulties, disability and mental health issues · Counselling

Tel: 0845 270 1177 (general enquiries)

## **The Neuk**

A 24/7 Mental Health and Suicide Prevention Centre open over Christmas for people who find this time of year difficult.

071838 718070  
[www.anchorhouseperth.org](http://www.anchorhouseperth.org)

## **RASAC (Rape and Sexual Abuse Centre)**

Helping support women and young people(12-18) who have experienced sexual violence at any time in their lives.

Helpline: 01738 630965  
[www.rasacpk.org.uk](http://www.rasacpk.org.uk)

# Housing

## **Anchor House**

Provides temporary accommodation. Its services are open to all who are affected by homelessness, unemployment, social exclusion and ill health.

49 Crieff Road Perth P41 ZRP  
01738 638475  
anchorhouse@fsmail.net

## **Shelter:**

Provides a free, national telephone advice line staffed by trained housing advisers. Advice covers anything from finding a place to sleep to suggesting how to handle mortgage arrears.

Call 0808 800 4444

## **The Salvation Army:**

Practical support including accommodation to single men who are vulnerable or in need within the local community

Sinnergate Lifehouse  
16 Skinnergate, Perth, PH1 5JH

Tel: 01738 624360

## **Churches Action for the Homeless (CATH):**

Day centre with free breakfast and cheap lunch Mon to Fri 9:30am-3pm  
Ladeside St Catherine's Road Perth PH1 5RY  
01738 633077

CATH House: a 16-bed hostel for providing temporary accommodation  
47 York Place Perth PH2 8EH  
01738 449331

## **Perth & Kinross Council: Emergency Contact Numbers:**

- Anti-Social Behaviour Helpline (Voicemail): 01738 476173
- Council Housing Emergency Repairs: 01738 476000
- Flooding: 01738 476476
- Homelessness: 0800 917 0708

# Other Support (inc. Council)

## Perthshire Women's Aid

A voluntary organisation supporting women who are experiencing (or have experienced) domestic abuse and children from families where domestic abuse occurs.

First Floor Merlin House  
Necessity Brae, Perth, PH2 0PF  
Perth Office: 01738 639043  
24 Hour National Helpline: 0800 027 1234



## PKC Emergency Contact Numbers:

- Adult Care Services (and social work): 0345 301 11 20
- Anti-Social Behaviour Helpline (Voicemail): 01738 476173
- Council Housing Emergency Repairs: 01738 476000
- Flooding: 01738 476476
- Homelessness: 0800 917 0708
- Mental Health Services: 0345 301 11 20

## PKC Social Work Department:

24-hour Child protection and duty team 01738 476768  
ChildProtection@pkc.gov.uk Perth and Kinross Council: Early Intervention and Prevention Team - Rapid Response Service This service is available for older citizens who need a sudden change to remain in their home.

0345 30 111 20  
accessteam@pkc.gov.uk