You may find some of these websites useful.

* Parentline Scotland: 08000 28 22 33 [https://www.children1st.org.uk/help-for-families/parentline-scotland/](http://email.groupcallalert.com/ls/click?upn=QrOBJcca7DQpcdTvZvGK8UVrrSuAlP1BX2bwpMW1S8I2viDGyjjzpuBVW96qdduu-2Fxby-2BaM7JyAfxWkT2N2hYnp-2FSPL0iYOyfEPiwOwMa3E-3DMe4d_-2BlnBcKs8XUxX2rpj38-2FjZkogvacR0VNZNxo0sNqxIov2u7EMvvxo82v1qLOFbob7VZw7JgYCktlJHYQE-2FCnG8JRostDTf0Y32OufI9Cn9ISlm5hOYSmGHJLT0PNE3o6t-2BFXhxxZFygTP8yT7rUPtCqwJMhsDoPqL0dOux3cfZaJgfRuoQdPTUkPtpUiMTifm1-2Fw-2B4h3w-2BQsXX2i-2BXa1QQkszxdRyE97TgMPmh-2FESvbzt6P071Ok3dScoS7wcDeCzyhjtyaYFLwTPebt9dPmxA66xjTovuqGpTqJUG-2FGpCDKv3mbejw0xd5Efor6K5IRwlnh3ax0LwlPSTdhqH-2FjPV-2FPKPcHQ294UO9tvHSf7QF1o6nYh8WJluc9J8vUEA0Yf6Pnnk7rfSH-2FwwZ5hX3QY3A-3D-3D) (webchat and telephone advice) – Also top tips of how to talk to children about coronavirus - [https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/talking-to-children-about-coronavirus/](http://email.groupcallalert.com/ls/click?upn=QrOBJcca7DQpcdTvZvGK8UVrrSuAlP1BX2bwpMW1S8I2viDGyjjzpuBVW96qdduu-2Fxby-2BaM7JyAfxWkT2N2hYvLgvzMtinGoXtYU7otnenngoYBjxaa5CO36rzcBPSwJyzecnAdU9phZ-2BvGquViRMOX4BKC6Qqd-2FXAK3Pkrn3nGjUB8mZxVB1TObgpwqIrHEZ-ih_-2BlnBcKs8XUxX2rpj38-2FjZkogvacR0VNZNxo0sNqxIov2u7EMvvxo82v1qLOFbob7VZw7JgYCktlJHYQE-2FCnG8JRostDTf0Y32OufI9Cn9ISlm5hOYSmGHJLT0PNE3o6t-2BFXhxxZFygTP8yT7rUPtCqwJMhsDoPqL0dOux3cfZaJgfRuoQdPTUkPtpUiMTifm1-2Fw-2B4h3w-2BQsXX2i-2BXa1QQkszxdRyE97TgMPmh-2FESvbzt6P071Ok3dScoS7wcDeCzKJISfypOvrEhE6fNyBUVxKVde6dx-2FVrYgACDU4B-2FrwuA1F-2FXpPoVfzhMBZnHtWvkb2kSdRs1goAdvMzLRaRzdsgDvAfE9znZWo7HMTgYE-2BzJ8OlQsi-2BvwHmoHWcZVCPNOQbxPKI5QWDS-2Fbs1FCXIKQ-3D-3D)
* Barnardos Guidance for parents in school closures: [https://www.barnardos.ie/news/2020/march/barnardos-guidance-for-parents-in-light-of-school-and-childcare-closures](http://email.groupcallalert.com/ls/click?upn=rMGMZdf54U7TNPxN4KYNzX66PJG7-2FmJYp2DW3d-2Bcsi6vtfAF01EizBoO-2F4r7UNpk9eIe0t5koW6TPi3SK9WI-2BzT1SWZPl2h0-2FZs1jX-2BeL3u5HtmrNa6uiSLgnSUyjlj8g8g2joKyZYgvB6tVku-2BaegO1rCQ6X4PZTc-2BJKU-2Bpk2WEzJSpgKmbaedo6XA-2FGVZuA6fF-2FwTxD2QGR4n2e-2BpWYod6hbCpJ4XljPIP-2BIdmlNYaie19UUU5Tyu7Eu-2Fay-2FoIy3jfmMrZ20YPBaA48ktBYnxyjLUoJiNqi-2FUGD4nPVLfMRNniPv-2BNGPS-2Bvgg10BqUMZHF18ijyqAA0KYBbOhDv96TFwVm4ozwLMq-2BL-2Fr8a8ehyRhMvgMFBth-2BXENBHhigc0Dns-2BDoAVEfatn8p4eUJ3JPAu13aYpH-2FH1dYAMvHuGqb5TEdgQkjTxguZaskf1GwveBzM-2FtednZ9tD9X3EJo25YgWb4X4YGGQYn-2FAAMhIxdPbmXQwwvuMjCjOVpAYJcQoFPftIgK1MfhhTAV8F7-2Bw-3D-3DH25__-2BlnBcKs8XUxX2rpj38-2FjZkogvacR0VNZNxo0sNqxIov2u7EMvvxo82v1qLOFbob7VZw7JgYCktlJHYQE-2FCnG8JRostDTf0Y32OufI9Cn9ISlm5hOYSmGHJLT0PNE3o6t-2BFXhxxZFygTP8yT7rUPtCqwJMhsDoPqL0dOux3cfZaJgfRuoQdPTUkPtpUiMTifm1-2Fw-2B4h3w-2BQsXX2i-2BXa1QQkszxdRyE97TgMPmh-2FESvbzt6P071Ok3dScoS7wcDeCzT6xeQ5TNFmNEVcNEAjvQNmsbpKa28x0ZeylZcQZjS86fghjcHegC51UhlOb38rM9tTR2q3f3Lp4bF-2BpqRA3kqIw7situXMWUT3OtswWLIeDBDEewQoF6gfIEJaC80-2Fc-2BaUSgxa1PTSDCvK2TJnG7ow-3D-3D)
* Children and young people's helpline and resources: [https://www.supportline.org.uk/problems/children-and-young-people-support/](http://email.groupcallalert.com/ls/click?upn=rMGMZdf54U7TNPxN4KYNzX66PJG7-2FmJYp2DW3d-2Bcsi6vtfAF01EizBoO-2F4r7UNpk9eIe0t5koW6TPi3SK9WI-2BzsJOEbBz3XzrHlWfHU7e4465VmDlKlw5vsfso8fp5BiNRtzVRybnSxbYwiynuUwJmg5OpGPBxE9JQuX0F2gSwwcOR8QunVHPdc2YXqZwbsadT9wmyL1QZZvxgbQm8O0mvKRxjbUe52U-2FB6N-2BitqWnOl22ocOPBRVyfjzjE-2FqavQKNI3c30XbLaOKDl518pSF6ZCd9x3D-2F89hRVAqhseWpTC8vSQX5BCiPunEIr6X6WAQ4CNGUnUgbXRsFrxTWrSta8XJdpTA5Td-2BNM3fFHhryzEEAHY7BpDVpK3s8KW4vTa4qoZ0jS9KgI6XCjlPrWRNAs9sa9cUlaQNkWMPP0W7G1Y9f-2BT9y2DAAMb1XB2rhiV-2Bq4FoUIsL39PTIk7T40jSA-3D-3DaNmq_-2BlnBcKs8XUxX2rpj38-2FjZkogvacR0VNZNxo0sNqxIov2u7EMvvxo82v1qLOFbob7VZw7JgYCktlJHYQE-2FCnG8JRostDTf0Y32OufI9Cn9ISlm5hOYSmGHJLT0PNE3o6t-2BFXhxxZFygTP8yT7rUPtCqwJMhsDoPqL0dOux3cfZaJgfRuoQdPTUkPtpUiMTifm1-2Fw-2B4h3w-2BQsXX2i-2BXa1QQkszxdRyE97TgMPmh-2FESvbzt6P071Ok3dScoS7wcDeCztrtwh9Rzplm2I7OGm-2F2nEOLLz3EGuqx1F9EO48sA4YvE0z8gY0VYofDEMR0KO2T89ksWxGjAgoRg3RnaXBB3vTDBmfClAlKsRLoC-2Fx1Ik0d4hAQioDpKwoEh-2F-2FTi9M7tQ0eMPgdAuADPRcBJp8Y6oA-3D-3D)
* Carers Scotland: [https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19](http://email.groupcallalert.com/ls/click?upn=rMGMZdf54U7TNPxN4KYNzX66PJG7-2FmJYp2DW3d-2Bcsi6vtfAF01EizBoO-2F4r7UNpk9eIe0t5koW6TPi3SK9WI-2B-2F6XaP4NIBwJuPZ-2FJCHOIm1gkq4fJ9Z2tsPfZklf3RJBM-2FR7c2pP9dGzCMe78Qh3UpdrXghuoc4bpJX6LXtgFnhueg0aA6ahTv2C-2FVgAApAoOgcdXMe-2FKV9kHcbPbyr9ijLDouXEzqho9xx-2BrliUZIkbQd7e2BY5PcCHn-2FBW0aRk54T1WkvnuRywqz9h6zvmvXuOkrb5uoGYfnzEPFxgEC9215KMoMpgFcF57y1-2BZOm4-2FTUfq912-2B8UyZqJL2kql6dSImRk-2FOdeB1xMa7FLgZgRtnkP50kVliRSRlJ1zqvQFnaYn71NPG3aRZFZPzZgk8eQN5JuxGstcSz5gapFiKilAB8Iw6Enu-2B6uJb7rq251W3QcSuLdclNj-2Fs3tSX-2F5DqTAR6cwZ9hD0NVtZCPKbLyyoMvi5d-2FcFOX41xDHBKv-2B1hh-R_-2BlnBcKs8XUxX2rpj38-2FjZkogvacR0VNZNxo0sNqxIov2u7EMvvxo82v1qLOFbob7VZw7JgYCktlJHYQE-2FCnG8JRostDTf0Y32OufI9Cn9ISlm5hOYSmGHJLT0PNE3o6t-2BFXhxxZFygTP8yT7rUPtCqwJMhsDoPqL0dOux3cfZaJgfRuoQdPTUkPtpUiMTifm1-2Fw-2B4h3w-2BQsXX2i-2BXa1QQkszxdRyE97TgMPmh-2FESvbzt6P071Ok3dScoS7wcDeCzZvOFGAV4G34zAMFpkH9Xbpp-2BL-2Bi1AV8eemYSPpm7hYTcHQeV0MnHvcPf-2BTe6NPs4guYcxyUFVad0F0S4350kWcJ29kg5q51O0YbHRTmv40xxuLy-2BJ09pFa4ARV4yVITXTlTmJsqoS1HQ-2Bv6XM4XJxw-3D-3D)
* NHS Elderly Person Hotline: 0800 0282816
* Age Scotland: 0800 4708090
* Shelter Scotland: 0808 800 444
* Samaritans: 0131 556 7058
* Citizen Advice Scotland: [https://www.citizensadvice.org.uk/scotland/health/coronavirus-what-it-means-for-you/](http://email.groupcallalert.com/ls/click?upn=rMGMZdf54U7TNPxN4KYNzX66PJG7-2FmJYp2DW3d-2Bcsi6vtfAF01EizBoO-2F4r7UNpk9eIe0t5koW6TPi3SK9WI-2B1KbGd6ZXTfpEGNRUb-2B7mnzo5D0mdZGFgagjX51r2gBsMIoIa0vDBNMCa31s0AkZPiyvbEOwnJ1ND8wl-2B8YIAAayvM4Spi0BnRUjN6pPd27hS0Cehb05j8WGUZxwvD7GFywxOCf9BZlUc4hF4ki0Zqc-2BQO9UjMXhMqHyaDD4YKoyqcbUbhp2bh9DQZV0WAMixpwyaiBty5qcJQsSAvL6nI2XcDTLl062KaNynsobhUJ-2BqyehjEUEJlAHHOrTrtNDWZ-2F680BAIRBPBH9c9ggTZSVDWhA1bhJxZrjz2DiTkDAiVJWWt-2BycwSomp8tMSSBZr7ysHmp4ogAi73tdwNpaKcUlttxisI9Xt5fZuOWj6n6Z89nsUgJeKpsRw9h99SPewCeCql1h9QVpfG59f1wb7zE-3DdkNC_-2BlnBcKs8XUxX2rpj38-2FjZkogvacR0VNZNxo0sNqxIov2u7EMvvxo82v1qLOFbob7VZw7JgYCktlJHYQE-2FCnG8JRostDTf0Y32OufI9Cn9ISlm5hOYSmGHJLT0PNE3o6t-2BFXhxxZFygTP8yT7rUPtCqwJMhsDoPqL0dOux3cfZaJgfRuoQdPTUkPtpUiMTifm1-2Fw-2B4h3w-2BQsXX2i-2BXa1QQkszxdRyE97TgMPmh-2FESvbzt6P071Ok3dScoS7wcDeCzYluq4WgfkJjF1f2xbuLNWiIlrfqqtEP4B4-2B4Yy568cR8IkbHXmXQKEWZbDnW1BNAHa4OQDPGjMVXpb0a2bWIViE4WdmvytbExCp6GfwzTqoL4PI75TLLsuD4OAwnGLghHn989ZL7VqhVqqm1WHUO8w-3D-3D)
* Domestic Abuse helpline: 0800 027 1234
* Scottish Women’s Aid: [https://womensaid.scot/](http://email.groupcallalert.com/ls/click?upn=rMGMZdf54U7TNPxN4KYNzX66PJG7-2FmJYp2DW3d-2Bcsi6vtfAF01EizBoO-2F4r7UNpk9eIe0t5koW6TPi3SK9WI-2B5xMrNtpyqWafk2PINKuHmxndlS-2F-2B8I24LtwY4MLZNExWi8KTithffqE-2FOAq4BJ5QwicB8F-2FxDSC7sOoVAbnxfQRFODZaGpANDLH-2FVYy25vPlwYFJBqVSxSfFLUdNCg0WoDEugjXBGoSaa-2BgQuugLGCDULsd4JIGrkwQZSneNrHoRxFpnaIuVjQ6r8Zz-2Fb-2FAxVDHu-2FIRzq9UteFBiF-2BhC4CMgTZ39kPGYWkrnNmgoCI0NZKIsffJ2J3xpg-2FpLmTrXJRolh3wR-2BoLReggqUqr4j5Z8t-2BTVTrtC40t5M8rVQJ9N2mLgfbbtU4-2FMSWz4HtvAw-3D-3DG3yN_-2BlnBcKs8XUxX2rpj38-2FjZkogvacR0VNZNxo0sNqxIov2u7EMvvxo82v1qLOFbob7VZw7JgYCktlJHYQE-2FCnG8JRostDTf0Y32OufI9Cn9ISlm5hOYSmGHJLT0PNE3o6t-2BFXhxxZFygTP8yT7rUPtCqwJMhsDoPqL0dOux3cfZaJgfRuoQdPTUkPtpUiMTifm1-2Fw-2B4h3w-2BQsXX2i-2BXa1QQkszxdRyE97TgMPmh-2FESvbzt6P071Ok3dScoS7wcDeCzNUthV-2FNSXXSSkmgAbzTdMM3CldZugqYsosvx-2BX8mptL7UP718YDgQfQvR2tb-2BgjjD6SwpFUO0yM7Tu7rniqGj9kHb8Gf6-2BrBuUVgza0Qf00t73WEizx-2FdJTQCMqR8CrmDo1iwRrGwXqaN-2FWSvu8Lcw-3D-3D)
* Healthcare for refugees and asylum seekers: [https://www.nhsinform.scot/care-support-and-rights/health-rights/access/healthcare-for-refugees-and-asylum-seekers](http://email.groupcallalert.com/ls/click?upn=rMGMZdf54U7TNPxN4KYNzX66PJG7-2FmJYp2DW3d-2Bcsi6vtfAF01EizBoO-2F4r7UNpk9eIe0t5koW6TPi3SK9WI-2B7J5JJLcAh9Vo7IbF1eVPirzvOOLtuq35bDKumoKX7cG77GPZb6gLxIq7OjvrnGqCvpo7u9-2Bh2cBuoF0lmztnYbB-2BIYaTfSJ6-2BL13varFg6Ki89Dx5G-2B-2BFElbTLHRaJqG3vACjFoIajpPBcvCdET8-2BFGPMMwPZHfM2aJWuJSbV-2FkXbdB1tLKdAVFbR-2FL-2BaTQIa2ldjnHOl7VjYockbJ4yWKzHGPMSWzfo53ZN4YCFs-2FN2d8EvM-2BQb0H9TFS7-2F2LsvAT11PjEmLMs14HFPx28UwmfxV-2BplSpugg40xoD2iwrpaUvJoa7JsN-2BoPRtClp-2FUd-2FLxnu8MHwVLh65Z1Fkxpc-2F1kluCtN5IFKVXfJJG1FdzvgDyEsay1K0MUsD2DVHbySNajydZfYWvsFAnYdaJCfMUBXcTJ4C0SN9lcLfCZUGqZ-2F37HD0g6jz9Px6AcR97dQ-3D-3D04C__-2BlnBcKs8XUxX2rpj38-2FjZkogvacR0VNZNxo0sNqxIov2u7EMvvxo82v1qLOFbob7VZw7JgYCktlJHYQE-2FCnG8JRostDTf0Y32OufI9Cn9ISlm5hOYSmGHJLT0PNE3o6t-2BFXhxxZFygTP8yT7rUPtCqwJMhsDoPqL0dOux3cfZaJgfRuoQdPTUkPtpUiMTifm1-2Fw-2B4h3w-2BQsXX2i-2BXa1QQkszxdRyE97TgMPmh-2FESvbzt6P071Ok3dScoS7wcDeCzjP5A8KwVs9cjerFWdplOpfcVudu0OMGmySanT39HUVdNKPFVR1LNfuVkYLlqEk5q3ztFUJoOx3oNY313OPOzTDMjO0HAAB8n55h31XAn-2F1vRi7CeLRwN-2B5xwcbRCLJoAED8Ww5azSLcNf-2BqFleuZsA-3D-3D)
* Money Advice Scotland: https://www.moneyadvicescotland.org.uk/
* Breathing Space: 08000 838587 - confidential support for anyone who is feeling overwhelmed or struggling to cope