

## EMERGENCY NUMBERS

Organisation	Service	Contact
<b>Social Care Direct</b>	Support and advice in a crisis situation	0141 287 0555
<b>Simon Community</b>	Support for rough sleepers	0800 027 7466

## FREE FOOD SERVICES

Day	Organisation	Services	Location
<b>MONDAY - FRIDAY</b>	Social Bite	TAKEAWAY FOOD SERVICE: Breakfast: 9.30-11am Scran: 4-5.30pm	10 Sauchiehall Street (Buchanan Galleries)
	The Wayside Club	Soup and sandwiches - 7-8pm	32 Midland Street
	Homeless Project Scotland	Soup kitchen every night	Under the railway bridge of Central Station just off the Broomielaw
	Glasgow City Mission	Lunch - 1-3pm and dinner 6.30- 8pm	20 Crimea Street
	Lodging House Mission	SIT-IN FOOD SERVICE: Breakfast: 8-10am Lunch: 12-1.30pm	35 East Campbell Street
	The Marie Trust	Emergency food parcels and vouchers, Sit in breakfast and lunch from 9am-2:30pm	29 Albion Street, 0141 286 0065
<b>WEDNESDAY</b>	Social Bite	SIT-IN FOOD SERVICE: 4-5.30pm	10 Sauchiehall Street (Buchanan Galleries)
<b>THURSDAY</b>	Help for the Homeless	Soup kitchen from 8pm	Cadogan Street
<b>SATURDAY</b>	The Wayside Club	Soup and sandwiches: 1-3pm	32 Midland Street

## ACCOMMODATION

Organisation	Service	Contact Information
<b>Social Care Direct</b>	Support and advice in a crisis situation	0141 287 0555
<b>Safe in Scotland</b>	Shelter accommodation for people seeking asylum, must have a referral.	safeinscotland.com
<b>Simon Community</b>	Attend Access Hub for accommodation needs	0800 027 7466 389 Argyll Street

## MENTAL HEALTH

Organisation	Service	Contact Information
<b>Samaritans</b>	24/7 emergency support	116 123
<b>Breathing Space</b>	Phone line open weekdays Monday-Thursday 6pm to 2am and weekends Friday 6pm – Monday 6am	0800 83 85 87