

Useful phone numbers for Highland region

Medical advice and support

Medical Emergencies	999
NHS 24	111
Chest Heart and Stroke Advice Line Nurses (Freephone number)	0808 801 0899

Advice for depression or anxiety

Samaritans	08457 90 90 90
Breathing Space	0800 83 85 87
Look ok Feel crap info line	08088 02 20 20
SAMH national info service	0800 917 3466
Living Life	0800 328 9655

Disabled living

Living made easy helpline	0845 130 9177
Shopmobility Highland	01463 717 624
	01349 866 040
Able Care Inverness	01463 233 900
City mobility Inverness	01463 250 850
Grampian mobility Fochabers (on special recommendation from a customer in Thurso for excellent service and price!)	01343 823 834
Bladder and Bowel Foundation	0845 345 0165

Financial/Benefits advice

CAB Inverness / Advice line	01463 237 664
	0844 994 111
Income Maximisation Team	0800 090 1004
Job Centre Plus	0845 604 3719
JC Benefits Advice Line	0800 88 22 00

Advice and Support for Carers

Connecting Carers Highland	01463 723 561
Carr Gomm	01463 242 112

Chest Heart & Stroke Scotland

www.chss.org.uk

Social Work Services

Inverness

01463 798 337

01463 703 455

Inverness Raigmore

01463 704 204

Aviemore

01479 810 251

Nairn

01667 453 951

Council Service Points

Highland wide

01349 886 606