

Sat, September 18, 2021

Breathing Space



Breathing Space is a free, confidential phone and web based service for people in Scotland experiencing low mood, anxiety or depression.

Breathing Space is a COSCA recognised counselling skills organisation.

Breathing Space also has a British Sign Language (BSL) service which can be accessed through their web site.

The helpline number is 0800 83 85 87

Phoneline opening hours:

Weekday: Mon – Thurs 6pm – 2am

Weekend: Fri 6pm – Mon 6am

Further Information and Contact Details

Street Address: ,

Telephone: 0141 435 3901

Secondary Telephone: 0800 83 85 87

Email: info@breathingspacescotland.co.uk

Website: www.breathingspacescotland.co.uk