



hope

directory



Hope Directory: Peer Navigation Directory – Mid & East Ross

Spirit Advocacy | Working resource for Peer Navigators and partners

About this Resource

This directory brings together existing mental health, wellbeing, and wider community supports relevant to **Mid & East Ross**. It is designed to help **Peer Navigators** (and partners such as the **CMHT**) support people to find the right help at the right time, using a whole-life recovery lens.

To make the directory easier to use in practice, supports are grouped using the **i-ROC (Individual Recovery Outcomes Counter)** framework. i-ROC reflects four areas of life that influence recovery:

- 🏠 **Home** – stability, safety, practical foundations
- 🌱 **Opportunity** – meaningful activity, learning, routine, purpose
- 🤝 **People** – connection, peer/community support, relationships
- 🔑 **Empowerment** – confidence, coping, therapy, advocacy, rights and voice

Some supports naturally sit across more than one area; they are placed where they most strongly contribute to recovery, to help Peer Navigators scan quickly and avoid overwhelm.

How Peer Navigators Use This Directory

1. Start with the person, not the service.

Use this directory after listening for what matters most right now.

2. Use i-ROC to guide options.

Explore supports together under the relevant area(s), keeping the focus on the person's goals.

3. Support choice and warm connection.

Where possible, help with first contact (drafting an email, making a call together, or planning next steps). Avoid signposting as a “handoff” unless that’s what the person wants.

4. Think across areas.

Recovery is often supported by a combination (e.g., People + Empowerment, Opportunity + Home).

5. Notice gaps and barriers.

Record what’s missing, what’s hard to access, and what people say works/doesn’t work. This feeds learning back into Spirit Advocacy’s collaboration and advocacy.

The Directory

home

a safe and secure place to live



Abused Men in Scotland (National)

Support for Male Victims of Domestic Abuse

We are Scotland's helpline for male domestic abuse victims.

 Helpline (Monday–Friday 09:00–16:00): 0330 094 9395

 support@amis.org.uk

 <https://abusedmeninscotland.org/>

Affordable Warmth Service (Highland-wide)

Energy Support

Advisors provide energy advice sessions over the phone or in your home, follow-on support, feedback & mentoring, and advice on grants.

 01631 565183

 enquiries@alienergy.org.uk

 <https://www.alienergy.org.uk/>

Café 1668 (Inverness)

Food Provision / General Support

A non-judgemental space where customers can receive a free meal each Monday, Wednesday or Friday lunchtime, this also includes tea and coffee. In addition the cafe has a food larder from which anyone is able to take any supplies they might require. Staff at the cafe are welcoming and discreet and can provide food and toiletry packages (where stocks permit).

 86 Church Street, Inverness, 1E1 IEP

 01463 224454

 val@highlandtsi.org.uk

 <https://www.highlandtsi.org.uk/cafe>

CALA Baby Bistros (Mid Ross, East Ross)

Support for Mothers

The CALA Baby Bistro, in partnership with NHS Highland, provides a free, friendly space for families with young babies to access peer support with infant feeding, and connect with others in a relaxed and welcoming environment. Held in Alness, Dingwall & Invergordon.

 01463 222 569

 info@calachildcare.co.uk

 <https://www.highlandtsi.org.uk/cafe>

Dingwall

 Dingwall Community Centre, Old Academy Buildings, Tulloch Street, IV15 9JZ

 Wednesdays 13:00-14:30

Invergordon

 County Community Hospital, Saltburn Road, Invergordon, IV18 0JR

 Fridays 10:00-11:30

Christians Against Poverty Debt Help (National)

Debt Support

Free, expert debt help offering personalised routes out of debt.

 0800 328 0006

 <https://capuk.org/get-help/cap-debt-help>

Citizens Advice Bureaus (Mid Ross, East Ross, Inverness)

General Advice

Ross & Cromarty CAB

 01349 883333

 adviser@alnesscab.casonline.org.uk

 <https://ross-cromarty.cas.org.uk>

 Dingwall Office, 2 Achany Road, Dingwall, IV15 9JB

 Alness Office, Suie House, Market Square, Alness, IV17 0UD

 Tain Office, 1 & 2 Market Street, Tain, IV19 1AR

Inverness CAB

 01463 237664

 enquiries@invernesscab.casonline.org.uk

 <https://www.invernesscab.org>

 29-31 Union Street, Inverness IV1 1QA

Community Transport Associations (Mid Ross, East Ross, Inverness-Shire)

Transport Schemes

Provide discounted transport for appointments, shopping, social events and leisure activities.

Alness Community Association Ltd

 01349 883005

 <https://www.alness.com/community-minibus>

The Wee Ferintosh Bus

 07387 364541

 wee.bus@communitiesinmotionct.co.uk

 <https://communitiesinmotionct.co.uk/>

Garve & District Development Company

 07467 062200

 transport@garve.org

 <https://garve.org/community-transport-project>

Ross-Shire Community Transport

 07519 722456

 07519 772376

 csir@csiross-shire.org.uk

 <https://www.csiross-shire.org/ross-shire-community-transport>

Beauly & District Care Project

 07747 312396

 <https://kilmorackcc.org/beauly-cares/>

Shop Mobility (Inverness & Dingwall)

 01463 717624

 <http://www.shopmobilityhighland.co.uk/minibuses/>

Partnerships for Wellbeing Ltd (Inverness)

 01463 226662

 fiona@p4w.org.uk

 <https://www.p4w.org.uk/communitytransport>

Community Violence and Abuse Support Service (National)

Domestic Abuse Support

Free counselling for men and women affected by domestic abuse, and information on housing, benefits, schooling and rights.

 0300 123 7770

 <https://www.covass.org/>

Families in Crisis – The Leanne Fund (National)

Cystic Fibrosis Support

Provides financial help for families facing hardship due to caring for someone with cystic fibrosis, including travel and accommodation assistance.

 01851 702020

 info@theleannefund.co.uk

 <https://www.theleannefund.co.uk/>

Family Support Centre & Baby Bank – Dingwall (Mid Ross)

Family Support

Offers workshops and mental health support to families and helps parents who want to get back into employment providing them information and training opportunities. Along with weekly sessions, offers an array of free items including nappies and toys.

 Dingwall Primary School, Ross Avenue, Dingwall, IV15 9UU

 01349 862081

 dingwall.primary@highland.gov.uk

Fear Free (National)

Domestic Abuse Support for Men & LGBTQI+ Community

Offers safety planning, emotional support, advocacy and mentoring for people experiencing domestic abuse in Scotland.

 0131 624 7270

 fearfreeinfo@sacro.org.uk

 <https://fearfree.scot/>

The Food Train (Mid Ross, National)

Support for Elderly People

Charity helping older people live independently longer through shopping, befriending, meal-making and household tasks.

 0141 551 8118

 everything@thefoodtrain.co.uk

 Meal Maker Service: mealmakers@thefoodtrain.co.uk

 <https://thefoodtrain.co.uk/>

Gateway – Homeless Trust (Highland-wide)

Homelessness & Outreach Support

Provides outreach support, activity programmes, care at home, and emergency food during winter months.

 01463 718693

 office@homelesstrust.org.uk

 <https://www.homelesstrust.org.uk/>

 57 Church Street, Inverness IV1 1DR

HALO (East Ross, Highland-wide)

Family Support

Supports families in need with essential items such as nappies, milk, clothes and baby equipment (referral only).

 07754 788980

 halohighlands@gmail.com

 <https://halohighlands.co.uk/>

 Alness Office, Ballachraggan House, Teaninich Industrial Estate, 1A Dail Nan Rocas, Alness
IV17 0PH

 Inverness Office, 50 Seafield Road, Inverness, IV1 1SG

Highland Food Banks (Mid Ross, East Ross)

Food Provision

Operate food banks in Alness, Invergordon, Dingwall and Tain.

 <https://blythswood.org/foodbank-addresses/>

 **Alness & Invergordon**, Capstone Centre, 1-3 Obsdale Road, Alness, IV17 0TY

 Tuesday and Friday 11.00 – 13.00

 07884 869 021

 info@alnessinvergordon.foodbank.org.uk

 **Dingwall** Free Church (hall behind church), High Street, Dingwall, IV15 9HA

 Tuesday 10:00 – 12:00 and Friday 13:00 – 15:00

 07782 551854

 info@dingwall.foodbank.org.uk

 **Tain**, CCAST Highland, St Duthus House, St Duthus Street, Tain, IV19 1AL

 Tuesday and Thursday 12.00 – 14.30

 01862 328 006

 office@ccast-highland.co.uk

Home-Start East Highland (Mid Ross, East Ross)

Emotional Support for Parents

Offers emotional and practical family support through volunteer home visits and parent-to-parent guidance.

 01349 854018

 07543 220590

 families@home-starteasthighland.org.uk

 <https://home-starteasthighland.org.uk/>

 Suite 1, Morrich House, 20 Davidson Drive, Invergordon, IV18 0SA

Morning Call (Highland-wide)

Support for Elderly People

Free daily morning call service for older adults 365 days a year. Also offers visitor matching and library book delivery.

 07514 494053

 info@morningcall.org.uk

 <https://morningcall.org.uk/>

 Morning Call, Box 422, 8 Church Street, Inverness, IV1 1EA

New Start Highland (Mid Ross, Inverness)

Homelessness / Employment Support

Provide support, training, furniture, white goods, and housing to people in crisis in the Highlands. New Start stores located in Inverness and Dingwall.

- Housing support service is accessible to adults who are homeless, or at risk of being homeless. Our team delivers individually tailored support to specific housing needs and works to enable people to develop the life skills required to manage their tenancy.
- Provide one-to-one support for people to transition from homelessness into permanent accommodation or maintain a tenancy.
- Training and volunteer placement team provide a range of tailored training and volunteering opportunities designed to equip people with the skills they need to gain employment. We help people work towards achieving nationally recognised qualifications.

 01463 715615

 reception@newstarthighland.org

 <https://newstarthighland.org/>

 9 Carsegate Road North, Inverness, IV3 8DU

 17 Harbour Road, Inverness, IV1 1SY

 25/27 High Street and 31-32 High Street Dingwall, IV15 9RU

Right There (Highland-wide)

Homelessness Support

Working to prevent people from becoming homeless & separated from loved ones.

 0141 565 1200

 hello@rightthere.org

 <https://rightthere.org/>

Ross-shire Women's Aid – Support & Refuge (Mid Ross, Inverness)

Domestic Abuse Support for Women

Provides information, support and refuge accommodation for women and children experiencing domestic abuse.

 01349 863569

 Children & Young People's Service: 07523 252549

 info@rosswa.co.uk

 <https://www.rosswa.co.uk/support/refuge/>

 Ross-shire Women's Aid, The Square, George Street, Dingwall IV15 9SA

Salvation Army (Highland-wide)

Substance Use & Resettlement Support

Offers advice and support around alcohol/drug issues and appointment attendance. Also provides rehousing and resettlement services for those moving into permanent accommodation.

 20 Tomnahurich St, Inverness IV3 5DD

 07824 393864 (Substance Use)

 Debbie.smith@salvationarmy.org.uk

 <https://www.salvationarmy.org.uk/inverness>

 01463 234123 (Resettlement Team)

 Tracie.Fraser@salvationarmy.org.uk

 <https://www.salvationarmy.org.uk/inverness-resettlement>

Sharing Sheds and Community Larders (Mid Ross)

Food & Household Items Provision

Local sharing sheds available to all residents for non-perishable food, toiletries, and other essentials.

 <https://blackislelarder.org/sharing-sheds>

Avoch & Killen Sharing Shed

 Avoch Pavilion Fence, George Street Car Park, Avoch, IV9 8PP

 avochandkillencommunitycouncil@gmail.com

 Avoch & Killen Shed

 Mon–Sat 10am–7pm

Cromarty Larder

 By Victoria Hall, High Street, Cromarty, IV11 8YR

 Cromarty Larder

 Open 24/7

Culbokie Sharing Shed

 Opposite Findon Hall car park, next to Church Centre, Culbokie, IV7 8GW

 Culbokie Shed

 Summer: 09:00–18:00 (Wed until 20:00) / Winter: 10:00–15:30

Fortrose Sharing Shed

 Fortrose Leisure Centre car park, Deans Road, Fortrose, IV10 8TJ

 Open 24/7

Muir of Ord Community Fridge & Larder

 Beside The Muir Hub, Great North Road, Muir of Ord, IV6 7SU

 MOO Food

 Open daily 8am–8pm

Rosemarkie Sharing Shed

 By Gordon Memorial Hall, Courthill Road, Rosemarkie, IV10 8UE

 sharing.shed@rosemarkieamenities.net

 Open 24/7

Step Change Debt Charity (National)

Debt Support

Provide free debt advice and offer solutions to help manage debt.

 Helpline (Mon-Fri 8am-8pm, Sat 9am-2pm): 0800 138 1111

 client.service@stepchange.org

 <https://www.stepchange.org/>

opportunity

to pursue meaningful leisure, recreation,
education and work possibilities



Ability Net (National)

Digital Support

AbilityNet is a pioneering UK charity transforming the lives of older and disabled people and working with organisations of all types and sizes to build a digital world that is accessible to all. Free technology support.

 0300 180 0028

 enquiries@abilitynet.org.uk

 <https://abilitynet.org.uk/>

Apex Scotland – Employability Support (National)

Employability Support for Former Offenders

The physical provision of this service is available in the Inner Moray Firth area, though some aspects (e.g., CV writing, interviews, disclosure discussion, job searches) can be accessed online.

 0131 220 0130

 hello@apexscotland.org.uk

 <https://www.apexscotland.org.uk/how-we-help/info-and-resources/>

Barnardo's Highland (Highland-wide)

Support for Children and Young People

- Springboard Service – throughcare and aftercare support for young people leaving care.
- Works Highland – employability support for 15–29-year-olds seeking training, education or employment.
- RISE Highland – CSE (Child Sexual Exploitation) Advisor based within Police Scotland, covering the Highland area.

 0131 446 7000

 scotland@barnardos.org.uk

 <https://www.barnardos.org.uk/>

 12A Church St, Inverness IV1 1EA

Cactus Book Club (Highland-wide)

Activities for Young People

Charitable project for health-isolated 16–26-year-olds living in the North East and Highlands with health conditions.

 07813 720963

 cactusbook21@gmail.com

 Cactus Book Club

Cheshire House Inverness Day Service (Highland-wide)

Support for People with Disabilities

Used by people of all abilities, including those with physical and/or learning disabilities. Activities include hydrotherapy, IT access, art, music and drama.

 01463 713377

 cheshirehouseinverness@leonardcheshire.org

 Cheshire House Ness Walk, Inverness IV3 5NE

 <https://www.leonardcheshire.org/get-support/living/care-homes/cheshire-house-inverness>

Community Yoga (Kiltarlity)

Activities / Mindfulness

Weekly yoga classes held in Kiltarlity; all ages and abilities catered for.

 07773 098658

 denisedavis1066@gmail.com

 <https://www.aliss.org/services/community-yoga>

Curves Inverness & Bailey's Wellness Studio (Inverness)

Fitness & Wellness Support

Provide structured coach-led strength and wellbeing support for adults of all ages with a focus on improving strength, mobility, balance, metabolic health and long-term resilience. Includes support for people managing medical conditions including Parkinsons, mobility issues, fall risks, post-treatment recovery, and body composition monitoring. Aim to keep the services affordable & in some cases funding support or reduced payments can be arranged.

 01463 713400 / 07769 693993

 curves.inverness@gmail.com

 <https://www.curves.eu/en/curves/other/curves-inverness/>

Dingwall Youth Development (Mid Ross)

Youth Support

Supports young people through volunteering and education. Runs ASN Youth Club, Youth Forums, Drop-In Club & Open Astro.

 joshua.hutchison@highland.gov.uk

 <https://www.facebook.com/DingwallYouthDevelopment#>

 The Pillarbox, High St. Dingwall IV15 9HA.

Enable Works (Highland-wide)

Employment Support for Young People & Disabled People

Serves people who are facing barriers to employment to obtain and sustain high quality and rewarding careers. We provide a variety of work programmes, training and resources to help young jobseekers and jobseekers with learning disabilities.

 01698 737000

 enable.works@enable.org.uk

 <https://www.enable.org.uk/enable-works>

Fèis Rois (Mid Ross, East Ross)

Activities

Based in Dingwall, Fèis Rois enables people of all ages to access, participate in and enjoy the traditional arts and Gaelic language through a diverse programme of activities in Ross & Cromarty, across Scotland and beyond. Run free weekly singing groups in Alness & Ferintosh, a Gaelic conversation group in Dingwall, after school music-making club in Tain & Invergordon, and free workshops for children of secondary school age. Also offer instrument hire and instrument classes (for a fee).

 01349 862600

 fios@feisrois.org

 <https://feisrois.org/>

 Robertson House, Greenhill Street, Dingwall, IV15 9QR

Gaelic Conversation Circle (Cearcall Còmhraidh) – Dingwall (Mid Ross)

Activities / Heritage

Weekly opportunity to practice your conversational Gaelic in a friendly and informal setting, whether you are a complete beginner or have been learning for a while. Free to attend, run by Fèis Rois. Beginner and intermediate classes available, and a separate session for parents who can bring babies and children along.

 01349 862600

 eoin.cumming@feisrois.org

 <https://feisrois.org/classes-courses/cearcall-comhraidh-in-person/>

 Robertson House, Greenhill Street, Dingwall, IV15 9QR

Highland Disabled Ramblers (Highland-wide)

Activities for Disabled People

Enables mobility-impaired members to explore the Highlands using rough-terrain scooters.

 01463 234808

 secretary@hdrmail.org

 <https://www.highland-disabled-ramblers.org/>

Highland Health Walks (Mid Ross, East Ross)

Activities / Mindfulness

Weekly wellness walks across Muir of Ord, Beaulay, Fortrose, Tain, Dingwall and Inverness.

 07824 689235

 jayne@p4w.org.uk

 <https://www.p4w.org.uk/health-walks>

Highland Mindfulness Group (Inverness)

Activities / Mindfulness

Runs regular mindfulness sessions and courses in Inverness and online.

 highlandmindfulness@gmail.com

 <https://highlandmindfulness.co.uk/>

Inclusion Scotland (National)

Opportunities for Disabled People

Lead on the development and delivery of numerous projects designed to promote and involve the voice and choices of disabled people. These include: Access to Politics, Access to Elected Office Fund, Access to Public Appointments, People-led Policy Panel on Social Care Support, We Can Work Internship Programme.

 0131 370 6700

 info@inclusionscotland.org

 <https://inclusionscotland.org/>

In-Person Cooking Club (Inverness)

Activities

Cooking group offering social participation and skill-building for all.

 07503 572110

 cookingclubinverness@gmail.com

 <https://www.aliss.org/services/4b896df1-4aff-421b-869f-21717a4eca32>

 The Barn Church, Culloden House Avenue , Inverness , IV2 7AB

Invergordon Off the Wall

Activities / Heritage

A voluntary community group which uses public art to revitalise the town and build community identity. Best known for coordinating the creation of the Invergordon Mural Trail, a large outdoor art project that has become a cultural landmark and tourist attraction. Looking for new volunteers.

 invergordonoffthewall@gmail.com

 <https://invergordonoffthewall.org.uk/>

Kagyu Samye Dzong Highlands (Inverness)

Activities / Mindfulness

Free weekly Buddhist meditation group.

 07584 250987

 info@highlands.samye.org

 <http://www.ksdhighlands.org.uk>

 Old Chapel building, RNI Community Hospital, Ness Walk, Inverness IV3 5SF

Local Leisure Centres – High Life Highland (Mid Ross, East Ross)

Individual and family membership available. Pay-as-you-go and budget options offered.

 <https://www.highlifehighland.com/community-centres/>

 **Black Isle Leisure Centre**, Deans Road, Fortrose, IV10 8TJ

 01381 621252

 blackisle.leisurecentre@highlifehighland.com

 **Dingwall Leisure Centre**, Tulloch Avenue, Dingwall, IV15 9LH

 01349 781552

 dingwall.leisure@highlifehighland.com

 **Lenaig Centre**, Ben Wyvis Primary School, Conon Bridge, IV7 8BE

 01349 860950

 leanaig.centre@highlifehighland.com

 **Alness Leisure Centre**, Academy Drive, Alness, IV17 0WA

 01349 885975

 alness.swimmingpool@highland.gov.uk

 **Averon Leisure Centre**, High Street, Alness, IV17 0QB

 01349 882287

 AveronLeisureCentre@highlifehighland.com

 **Invergordon Leisure Centre**, Academy Road, Invergordon, IV18 0LB

 01349 781561

 invergordonleisurecentre@highlifehighland.com

 **Tain Royal Academy Community Complex (TRACC)**, Hartfield Road, Tain, IV19 1DX

 01862 893767

 traccleisure@highlifehighland.com

Local Libraries – High Life Highland (Mid Ross, East Ross)

Activities

Members can borrow books, use computers, and access digital resources. Also run children's activities such as Bookbug and Lego Club.

 <https://www.highlifehighland.com/libraries/>

 **Muir of Ord Library**, Tarradale Primary School, Great North Road, Muir of Ord, IV6 7RR

 01463 870196

 muiroford.library@highlifehighland.com

 **Dingwall Community Library**, Academy Park, Dingwall, IV15 9LT

 01349 869869

 dingwall.library@highlifehighland.com

 **Cromarty Library – Hugh Miller Institute**, 51 Church Street, Cromarty, IV11 8XA

 01381 600318

 cromarty.library@highlifehighland.com

 **Fortrose Community Library**, Fortrose Academy, Academy Street, Fortrose, IV10 8TW

 01381 622235

 fortrose.library@highlifehighland.com

 **Alness Library**, Averon Leisure Centre, High Street, Alness, IV17 0QB

 01349 781751

 alness.library@highlifehighland.com

 **Invergordon Library**, High Street, Invergordon, IV18 0DG

 01349 852698

 invergordon.library@highlifehighland.com

 **Tain Library**, Stafford Street, Tain, IV19 1AZ

 01862 892391

 tain.library@highlifehighland.com

Macmillan Move More (Inverness)

Activities / Cancer Support

Exercise classes for people affected by cancer, run by High Life Highland.

 movemore@highlifehighland.com

 <https://www.highlifehighland.com/blog/exercise-classes-for-those-affected-by-cancer/>

 Inverness Leisure Centre, Bught Lane, Inverness, IV3 5SS

Mindfulness For Neurodivergence (Inverness)

Mindfulness / Neurodivergence Support

An 8-week programme for neurodivergent people to practice mindfulness. No experience required. Held at the One Stop Shop, Inverness.

 lisa@mindfulnessflow.co.uk

 Autism Initiatives, 1 Friars Street, Inverness, IV1 1RJ

Mobile Library (Mid Ross, East Ross)

Activities

Invergordon and Black Isle Mobile Library

Collect & return service every Tuesday, monthly routes.

 07733 300761

 invergordonmobile.library@highlifehighland.com

 <https://www.highlifehighland.com/libraries/invergordon-mobile-library/>

Dingwall & Moray Firth Mobile Library

Visits every 4 weeks across Mid Ross area.

 01349 781370

 mark.laurie@highlifehighland.com

 <https://www.highlifehighland.com/libraries/moray-firth-dingwall-mobile-library/>

Moonbreathe Group (East Ross)

Mindfulness

This group is a safe, grounding space where you use breathwork, gentle healing movement & dance, and meditation & nervous-system regulation. No experience needed; £15 per session.

 The British Legion, 140 High Street, Invergordon, Scotland, IV18 0AE

 Tuesdays 19:00

 Royal British Legion Scotland, Invergordon Branch

Nature4Health – Nature Walks (Inverness)

Activities / Mindfulness

Regular mindful walks connecting people with nature and community in Inverness.

 01667 459400

 info@n4h.co.uk

 <https://www.n4h.co.uk/nature-walks-for-wellbeing/>

OUT and About in the Highlands (Highland-wide)

Activities for the LGBTQI+ Community

Encourages community wellbeing and sport participation for LGBTQI+ people in the Highlands.

 gavin@leapsports.org

 <https://linktr.ee/outandabouthighlands>

Para Football – ICT Trust (Inverness)

Activities for Disabled Children & Adults

Inclusive football sessions for juniors (8–15) and adults (16+).

 lewis.maclean@icttrust.org.uk

 <https://www.icttrust.org.uk/para-football/>

 Bught Synthetic Pitch, Bught Rd, Inverness IV3 5SP

Partners in Advocacy (Mid Ross, East Ross)

Advocacy / Carer Support / Substance Use Support

Provides independent advocacy for adults, older people, unpaid carers, and those recovering from addiction.

 0330 533 0238

 referrals@highlandadvocacypartnership.org.uk

 <https://www.pia.scot/>

The Place, Alness (East Ross)

Youth Support / Family Support

Supports local young people suffering from various issues through many innovative projects and programmes. We run holiday programmes, activity workshops & drop-ins.

 07789 619591

 theplaceyouthclub@gmail.com

 <https://www.theplaceyouthclub.com/>

 The Place, 6 High Street, Alness, Highland, IV17 0QB

Puffin Hydrotherapy Pool (Mid Ross)

Activities for Disabled People

With dedicated parking, wheelchair friendly access and warm and accessible changing rooms, the facility is supervised by qualified Supervisors and lifeguards to ensure a warm welcome and enjoyable experience.

 01349 864414

 mail@puffinpool.co.uk

 <https://www.puffinpool.co.uk/>

 The Puffin Hydrotherapy Pool, Ferry Road, Dingwall IV15 9QS

Reach4Reality (Highland-wide)

Activities for Children & Young People

Faith-based organisation working with 9–19+-year-olds with social communication difficulties, offering outdoor activities and team challenges.

 07796 905339

 info@reach4reality.org.uk

 <https://reach4reality.org.uk/>

 42 Seafield Road, Inverness, IV1 1SG

Rok Zkool Academy (Inverness)

Activities

Through a range of workshops, tailored training programmes and community work, we help people to come together, be creative, meet new people and learn new skills. All ages & all stages welcome to the music studio.

 01463 831023

 07713 894742

 rokzkoolacademy@gmail.com

 <https://rokzkoolacademy.org/>

 Rok Zkool, Studio 58, Eastgate Centre, Inverness, IV2 3PP

Scottish Women's Institutes (Mid Ross, East Ross)

Activities / Community Engagement for Women & Young People

Membership organisation which unites women across Scotland to connect, learn new skills, and socialise. There are SWIs in: Alness, Ardross, Contin, Dingwall, Ferintosh, Killearnan, Kiltarlity, Maryburgh & Conon Bridge, Muir of Ord, Rosemarkie, Resolis.

Junior Dippers (Dingwall) is a group for children and young people to explore crafts, make friends, and building skills in a fun and supportive setting.

 membership@theswi.org.uk

Singing For Fun – Ross-shire (Mid Ross, East Ross)

Activities

Free local singing group run by Feis Rois that meets Mondays 6.45pm until 8.30pm in Ferintosh, and also hold local Ceilidhs.

 singingforfunrossshire@gmail.com

 Singing for Fun Ross-shire

 Ferintosh Village Hall, Easter Kinkell, Dingwall, IV7 8HY

Skills Development Scotland – Dingwall Office (Mid Ross)

Professional Development

Supports individuals to build employability, workplace and career management skills.

 01349 627001

 <https://www.aliss.org/services/skills-development-scotland-dingwall-office>

 84 High St, Dingwall IV15 9QN

SNAP – Special Needs Action Project (Highland-wide)

Activities for Disabled Children & Young Adults / Neurodivergency & Family Support

Provides out-of-school services for children and young adults (aged 5–30) with learning disabilities.

 01463 233006

 manager@snapinverness.org

 <http://www.snapinverness.com>

 Haven Centre, 45 Murray Road, Smithton

Voices in Bloom – Alness Singing Group (East Ross)

Activities

A free singing workshop for adults run by Feis Ross every Tuesday from 10:30-12:30 in Alness. No musical experience necessary.

 marisa.astill-brown@feisrois.org

 <https://feisrois.org/classes-courses/voices-in-bloom/>

 Perrins Centre, 13 Obsdale Road, Alness, IV17 0UE

Work Life Highland (Highland-wide)

Employability Support

Offer support to those wanting to get back into work, progress at work, and provide training opportunities through the Highland Parental Employability initiative.

 0300 303 1570

 employ.ability@highland.gov.uk

 <https://worklifehighland.co.uk/>

Wyvis Hillwalking Club (Mid Ross)

Activities / Fitness

Friendly hillwalking club based in East Ross. Mainly meet for day walks which are easily accessible from Dingwall. New members are always welcome. Contact on Facebook.

 Wyvis Hillwalking Club

YMCA Tain & North Highland (East Ross)

Activities / Family Support

Runs youth groups, toddler groups, and community activities such as young carers' sessions, self-care meetings, and sports groups.

 01862 894252

 office@tainymca.co.uk

 <https://tainymca.co.uk/>

 17 Stafford St, Tain IV19 1AZ

Youth Highland (Highland-wide)

Youth Support

Network supporting youth clubs and projects across the Highlands, focusing on inclusion, volunteering and positive destinations.

 07340 265177

 coral.allan@youthhighland.org.uk

 <https://www.youthscotland.org.uk/membership/membership-network/youth-highland/>

 The Pillar Box, High Street Dingwall, IV15 9HA



people

as friends, confidantes and supporters

Age Scotland (Highland-wide)

Support for Elderly People

Age Scotland runs a helpline, friendship calls & community groups.

 Helpline (Monday–Friday 09:00–17:00): 0800 12 44 222

 info@agescotland.org.uk

 <https://www.agescotland.org.uk/>

Al-Anon (East Ross, Inverness)

Peer Support – Families Affected by Substance Use

Group support meetings for family & friends (18+) of someone affected by alcohol misuse or addiction. Groups held in Tain and Inverness.

 0800 0086 811

 helpline@al-anonuk.org.uk

 <https://al-anonuk.org.uk/>

Alcoholics Anonymous – AA (Mid Ross, Inverness)

Peer Support – Substance Use

Support meetings for people struggling with alcohol misuse or addiction. Regular meetings held virtually, in Muir of Ord (Red Castle), Dingwall & Inverness.

 0800 917 7650

 help@aamail.org

 <https://www.alcoholics-anonymous.org.uk/find-a-meeting/>

Alness & Invergordon Veterans Breakfast Club (East Ross)

Veteran Support & Community

Breakfast Club that meets every third Saturday of the month, for veterans and their families to come together for food, hot brews, raffle, scratch cards & a blether. Book in advance by calling Hugh Ross on the number below.

 Station Hotel, 94 High Street, Alness, IV17 0SG

 Third Saturday of the month, 10:30-12:30

 07841 035157

 invergordon@afvbc.com

 Invergordon (Easter Ross) Armed Forces & Veterans Breakfast Club

Andy's Man Club (Mid Ross)

Peer Support – Men's Mental Health

Talking group for men (18+) held in Dingwall Community Centre every Monday at 7pm (excluding bank holidays).

 Dingwall Community Centre, Old Academy Buildings, Tulloch Street, IV15 9RN

 info@andysmanclub.co.uk

 Andys Man Club Dingwall

Befrienders Highland (Highland-wide, Mid Ross, East Ross)

Emotional Support / Social Engagement

- Face-to-face befriending in Inverness, Alness, Invergordon & Dingwall
- Distance Befriending: telephone, letter, email, video call or gaming
- Group Befriending: writing, cinema, recovery, walking, craft & creative groups
- Dementia Befriending

 01463 712791

 info@befriendershighland.org.uk

 <https://www.befriendershighland.org.uk/>

 Room A006, Wasps Creative Academy, Midmills Building, Stephens Street, Inverness, IV2 3JP

Black Isle Cares (Mid Ross)

Social Engagement / Food Support

Supports mainly older adults and people experiencing isolation in the Black Isle area. Services include Meals at Home, befriending, intergenerational activities, care equipment loan, community larder and garden.

 07548 343375

 befriending@blackislecares.com

 Befriending Service: 07720 168266

 admin@blackislecares.com

 Black Isle Leisure Centre, Deans Road, Fortrose, IV10 8TJ

Centred & Discovery College (Highland-wide, East Ross)

Mental Health Support / Social Engagement / Peer Support

Centred provides personalised recovery support through drop-in colleges, rural outreach and a residential recovery centre. Discovery College offers wellbeing and mental-health learning to improve life skills and self-understanding.

 Inverness Office: 01463 241009

 Discovery College, Unit 38, Eastgate Shopping Centre, Inverness, IV2 3PP

 discoverycollege@centred.scot

 Easter Ross Support Service: 01349 369100

 1B King St, Invergordon IV18 0DT

 hello@centred.scot

 <https://centred.scot/>

 Wellness Walks Info: <https://centred.scot/clarity-walk/>

Community Support & Information Ross-Shire & Sheila's Café (Mid Ross)

Social Engagement

Offers community transport, café, garden, craft group and a One-Stop Shop. Aims to create a Skill Sharing Time Bank.

 07505 016842

 csir@csiross-shire.org.uk

 <https://www.csiross-shire.org/>

 Temperance House, Tulloch Street, Dingwall, IV15 7JY

Connecting Carers (Highland-wide, Mid Ross)

Carer Support / Peer Support for Carers

Provides advice, funding help, counselling, and events for carers. Also runs groups and activities for Young Carers aged 5–24.

 01463 723560

 carers@connectingcarers.org.uk

 youngcarers@connectingcarers.org.uk

 <https://www.aliss.org/services/connecting-carers>

 5 Tulloch St, Dingwall IV15 9JY

Dingwall Brain Health & Dementia Resource Centre (Mid Ross)

Dementia Support

Supports people with dementia, their families and carers through information, activities and peer groups.

 01349 808650

 NorthHighland@Alzscot.org

 <https://www.alzscot.org/centre/dingwall/>

 Athole Court, High Street, Dingwall, IV15 9SH

Dingwall Fire Brigade Community Group (Mid Ross)

Activities / Local Events

The group organise local events including ceilidhs, senior citizen parties, Christmas light switch-ons, Santa's Grotto and Dingwall Gala. Events can be found on their Facebook page.

 Dingwall Fire Brigade Community Group

Dingwall Two's Company (Mid Ross)

Befriending for Older Adults

Telephone befriending service providing weekly calls and matching trained volunteers with participants.

 01997 421349

 dingwall@twoscompany.org.uk

 <https://www.highlandmentalwellbeing.scot.nhs.uk/dingwall-twos-company/>

Dopamine Dolls (Highland-wide)

Peer Support for Neurodivergent People

Community support for women and non-binary people with ADHD in the Highlands, offering peer groups and lived-experience sharing.

 admin@dopaminedolls.co.uk

 <https://www.dopaminedolls.co.uk/our-services>

 Dopamine Dolls

Families Anonymous (Inverness)

Peer Support – Families affected by Substance Use

Support meetings for families and friends of those with drug or related behavioural problems. Meetings available virtually or in person (Beechwood House, Inverness).

 0207 498 4680

 office@famanon.org.uk

 <https://famanon.org.uk/meetings/meetings-in-the-uk/>

 Beechwood House, 69/71 Old Perth Road, Inverness, Highland IV2 3JH

Families Outside (National)

Support for Families Affected by Imprisonment

Supports families to stay connected with loved ones in prison and provides guidance on the justice process.

 0800 254 0088

 support@familiesoutside.org.uk

 <https://www.familiesoutside.org.uk/>

Fog in the Sky

Chronic Illness Support

A Facebook support group for those affected by fibromyalgia, chronic pain & chronic illnesses in the Highlands & Islands.

 Fog in the Sky

Fox and Friends (Mid Ross, East Ross)

Family Activities / ASN Activities

Runs inclusive events in Dingwall and Alness, – swimming, bingo, afternoon teas, discos, knit & natter, drop-ins, food share, and themed community events.

 07756 862109

 info@foxandfriends.org.uk

 <https://www.foxandfriends.org.uk/>

Friends of Autism Highland (Highland-wide)

Peer Support for Parents/Carers of Autistic Children

Parent/carer support group offering inclusion and family guidance for autism diagnosis or post-diagnosis support.

 friendsofautismhighland@gmail.com

 Friends of Autism Highland

Highland Bipolar Support Group (Inverness)

Peer Support – People Affected by Bipolar

Informal monthly support group open to anyone affected by bipolar (first Thursday each month, Café 1668, Inverness).

 01415 602050

 info@bipolarscotland.org.uk

 <https://bipolarscotland.org.uk/support-groups/highlands-inverness-in-person/>

 Café 1668, 86 Church St, Inverness IV1 1EP

Highland Pride (Highland-wide)

LGBTQI+ Support & Awareness

Supports the LGBTQI+ community through events and advocacy.

 info@highlandpride.org

 <https://highlandpride.org/>

Highland Rainbow Folk Group (Highland-wide)

Peer Support – LGBTQI+ People

Independent group of LGBTQ volunteers raising awareness for older LGBT people.

 07513 768415

 highlandrainbowfolk@gmail.com

 <https://www.spanglefish.com/highlandrainbowfolk/index.asp?pageid=314925>

Invergordon Lunch Club (East Ross)

Community

Lunch club held every Monday at Invergordon British Legion branch.

 07841035257

 Royal British Legion Scotland, Invergordon Branch

Invergordon Museum (East Ross)

Activities / Community

The venue is currently used to support locals and holds events such as weekly bingo, coffee, raffle & chat on Friday afternoons; a weekly chatty crafters group; and – soon – reminiscing afternoons. Also hold talks and workshops.

 07795 465540

 invergordon.museum@outlook.com

 <https://www.invergordonmuseum.co.uk/>

Invergordon Over 70s Lunch Club (East Ross)

Support for Elderly People

Weekly lunch club for the over 70s community held every Wednesday at Invergordon Social Club for £3. Provide hot food and drinks, plus entertainment such as bingo.

 Invergordon Social Club, Castle Avenue, Invergordon, IV18 0LW

 Wednesdays 12:00-14:00

 07532 619854

 dana.sutherland230@btinternet.com

 <https://www.aliss.org/services/27a620c0-e7c4-421b-8fa5-0bb1365fb384>

Inverness Parkinson's Nordic Walking Highland (Inverness)

Parkinson's Support & Activities

Weekly social walking group for people with Parkinson's and carers.

 07795 465540

 Karen.powell.pilates@gmail.com

 <https://localsupport.parkinsons.org.uk/activity/inverness-nordic-walking>

LGBT Youth Scotland – Highland Group (Inverness)

Peer Support – LGBTQI+ Youths

Weekly groups for LGBTQ+ young people, either held at Eden Court or online.

 <https://lgbtyouth.org.uk/find-a-local-group/>

The Queer Arts Collective (13-18 year olds)

 Eden Court, Bishops Road, Inverness (online options available too)

 Thursdays 19:00–20:45

 qyac@eden-court.co.uk

OutLanders (13-25 year olds)

 Online only

 Every second Tuesday 18:00-20:00

Maggie's Highlands (Inverness)

Peer Support – Cancer

Provides cancer support, information, and peer connection. Open Monday–Friday 09:00–17:00, located at Raigmore Hospital (no appointment required).

 01463 382900

 highlands@maggies.org

 <https://www.maggies.org/our-centres/maggies-highlands/>

 Maggie's, Raigmore Hospital, Old Perth Road, Inverness, IV2 3FL

Make 2nds Count (Inverness)

Peer Support – Breast Cancer

Offers “Tea & Chat” peer sessions for people living with secondary breast cancer, second Friday each month at Morrisons, Inverness.

✉ support@make2ndscount.co.uk

🌐 <https://make2ndscount.co.uk/support/community/tea-and-chat/tea-and-a-chat-inverness>

📍 The Community Room, Morrison's, Millburn Road, Inverness, IV2 3PX

Men's Sheds (Mid Ross, Inverness-shire)

Peer Support – Older Men's Mental Health

Workshops and social sessions tackling isolation among older men (typically 60+).

🌐 <https://menssheds.org.uk/find-a-shed/>

Beauly

📍 Braeview Park, Beauly IV4 7ED, UK

✉ jimsam1944@yahoo.co.uk

Black Isle Men's Shed

📍 Sea Scout Centre, Old Mill Road, Avoch IV9 8PS, UK

✉ secretary@bimshed.uk

Dingwall & District Men's Shed

📍 Jubilee Park Road, Dingwall IV15 9QZ, UK

✉ mactheglider@btinternet.com

Maryburgh Men's Shed

(Currently a Men's Shed in development, having secured funding for the Old Schoolhouse)

📍 Hood Street, Maryburgh, Dingwall IV7 8EB, UK

✉ contact@maryburghhub.info

Muir of Ord Men's Shed

📍 Wards Drive, Muir of Ord IV6 7PX, UK

 info@muiroford.org.uk

Dornoch Firth Men's Shed

 charles@dfgcommunity.com

My Self-Management – Living Better Groups (Mid Ross)

Peer Support – Long-term Conditions / Long Covid

Monthly groups for people with long-term conditions or Long Covid in Dingwall and Muir of Ord.

 07521 503144

 Marion@myself-management.org

 <https://www.myself-management.org/dingwall-muiroford>

The Muir Hub (Mid Ross)

Activities / Community Engagement

Run regular events including Muir movie nights and Muir Pop-Up Swap Shop in library - a place to share DVD's, CD's, Books, Games, Puzzles, Jigsaws & Art Materials, held every Monday 11:00-13:00 and Thursdays 14:00-16:00.

 The Muir Hub, Great North Road, Muir of Ord, IV6 7SU

 info@muiroford.org.uk

 01463 870588

 <https://themuirhub.org/>

Narcotics Anonymous – Highlands & Islands Groups (East Ross, Inverness)

Substance Misuse Support

Virtual and in-person meetings supporting people struggling with drug use.

 0800 048 4812

 pi@east.scotland.ukna.org

 <https://www.ecscotna.org/>

Parkinson's Support Group (East Ross, Inverness)

Peer Support – People with or Affected by Parkinson's

Offers friendship, support and regular meetings in Inverness and Tain.

 Helpline (Mon–Fri 09:00–18:00, Sat 10:00–13:00): 0808 800 0303

 Groups: 0344 225 3725

 vc.scotland1@parkinsons.org.uk

 <https://localsupport.parkinsons.org.uk/provider/inverness-support-group>

Scottish Families Affected by Alcohol & Drugs (National)

Substance Misuse Support for Families

Supports anyone affected by someone else's alcohol or drug use. Offers helpline, Telehealth sessions, bereavement support, and "Holding On" service for families at risk of drug-related death.

 Helpline: 08080 10 1011

 helpline@sfad.org.uk

 <https://www.sfad.org.uk/>

Scottish Recovery Network (National)

Mental Health Peer Support

Connects people and organisations to create a collaborative recovery-focused mental health system.

 0300 323 9956

 info@scottishrecovery.net

 <https://scottishrecovery.net/>

Seaforth Highlanders Regimental Association - Ross-shire Branch (Mid Ross, East Ross)

Veteran & Family Support

Promotes the welfare of all veterans of the Regiment and foster esprit de corps, comradeship and Regimental interest amongst the veterans of all ranks and their families connected to the Queen's Own Highlanders (Seaforth and Camerons) or its antecedent regiments. We also welcome the spouses, widows or partners of our members. Hold functions and meet when required at St. Clements Parish Church, Dingwall.

 secretary@cabarfeidh.com

 <https://www.cabarfeidh.com/>

 Seaforth Highlanders Regimental Association - Ross-shire Branch

SMART Recovery (East Ross, Inverness)

Peer Support – Self-Management / Addictive Behaviours

Self-management and recovery training for people wishing to change problematic or addictive behaviours.

 0330 053 6022

 info@smartrecovery.org.uk

 <https://smartrecovery.org.uk/>

Spina Bifida Hydrocephalus Scotland (National)

Support / Peer Support for Affected Individuals & Families

Hosts support and social groups (in-person & online) for those affected by spina bifida or hydrocephalus, including carers.

 03455 211300

 support@sbhscotland.org.uk

 <https://www.sbhscotland.org.uk/>

This Is Me Highland (Highland-wide)

Family Support / ASN Activities

Organise activities designed specifically for children and young people with additional needs. Their events provide a judgment-free space where families can relax, connect, and have fun together.

 07903 720770

 info@thisismehighland.co.uk

 <https://www.thisismehighland.co.uk/>

Tain Brain Health & Dementia Resource Centre (East Ross)

Dementia Support / Carer Support

Offers information, community activities, day care, carer groups, and online video sessions for those affected by dementia.

 01862 894276

 NorthHighland@Alzscot.org

 <https://www.alzscot.org/centre/tain/>

 Victoria Road, Tain, IV19 1AU

Tourette's Scotland Groups (National)

Peer Support – People Affected by Tourette's

Monthly virtual groups for adults and for parents/carers of those with Tourette's.

 info@tourettescotland.org

 <https://www.tourettescotland.org/local-groups>



empowerment

fully involved in decisions affecting own life

ACI Recovery Services Highland (Highland-wide)

Substance Use Support

Free one-to-one counselling for those experiencing addiction or substance misuse issues.

 01463 220995

 hello@recovery.scot

 <https://recovery.scot/>

 108 Church Street, Inverness, IV1 1EP

Action For Children – Inverness (Highland-wide, East Ross)

Support for Children and Young People

AFC provides practical and emotional support for children and young people, and support for parents/carers.

- Intensive Support Service – residential placements/transition to home placements for 11–18-year-olds
- Aspiring Communities Project (in Alness and Milton) supports communities and agencies addressing poverty and deprivation.
- Moving On – throughcare service for young male offenders aged 16–21.

 01463 717227

 ask.us@actionforchildren.org.uk

 <https://www.actionforchildren.org.uk/>

 Highland Rail House Academy Street, Inverness, IV1 1LE

Advocacy Highland (Highland-wide, Mid Ross, East Ross)

Mental Health Support for Children & Adults

One-to-one, issue-based independent advocacy to individuals aged 16+ throughout the Highland Council Area. They also provide the same service to young people aged 12–16 in Mid & East Ross.

 01463 233460

 info@advocacy-highland.org.uk

 First Floor Offices, Inverness Ice Centre, Bught Drive, Inverness, IV3 5SR

Archie Child Bereavement Service (Highland-wide)

Bereavement Support for Children & Young People

We provide resources, information and support to families and carers where a child or young person is bereaved, including suitable books to help the child on their journey through grief. We also provide safe spaces for group bereavement activity sessions.

 01463 888258

 acbs.highlands@archie.org

 <https://archie.org/bereavement/>

 The Archie Foundation Highland

Autism and Neurodiversity North Scotland – A-ND (Mid Ross)

Neurodivergency Support

Provides tailored support to children, young people, adults and families throughout the Highlands. Services include Outreach Support, Playscheme, Dingwall Club & Afterschool Support.

 01224 277900

 referrals@a-nd.org.uk

 <https://www.a-nd.org.uk/>

 9-10 Bridgend Business Park, Dingwall, IV15 9SL

Autism Initiatives – Highland One Stop Shop (Highland-wide)

Neurodivergency Support

Highland One Stop Shop (HOSS) offers groups, drop-ins and 1:1 appointments for autistic adults aged 16+.

 01463 717649

 highlandoss@aiscotland.org.uk

 <https://autisminitiatives.org/highland/>

 1 Friars Street, Inverness, IV1 1RJ

Autism Rights Group Highland – ARGH (Highland-wide)

Neurodiversity Support

A collective advocacy, lobbying and campaigning group run by and for autistic adults. Offers free post-diagnosis courses and member-only activities.

 info@arghighland.co.uk

 <https://arghighland.co.uk/>

Brent Centre for Young People Highlands (Highland-wide)

Emotional Support for Young People

Free psychotherapy and practical support to young people aged 14–21.

 01463 830315

 Highlands@brentcentre.org.uk

 <https://www.brentcentre.org.uk/about-us/brent-centre-highlands--1>

 Brent Centre Highlands, 8a Stephens Brae, Inverness, IV2 3JN

British Red Cross (National)

Emotional Support

Community service supporting people aged 16+ experiencing or at risk of social isolation or loneliness.

 01382 293204

 samanthadolan@redcross.org.uk

 <https://www.redcross.org.uk/get-help>

Change Mental Health (Highland-wide, East Ross)

Mental Health Support / Community Engagement

Person-centred non-clinical support for those affected by mental illness.

- Resource Centre, Invergordon – drop-in and activities supporting recovery
- Community outreach and link working
- 365-day Distress Brief Intervention (DBI) service
- Suicide Bereavement Support (Highland & Argyll & Bute)
- Carer Support

 01463 710963

 info@changemh.org

 https://changemh.org/support_areas/highlands/

Child Bereavement UK (National)

Bereavement Support for Children & Families

Helps families rebuild their lives when a child grieves or when a child dies.

 Helpline (Monday–Friday 09:00–17:00): 0800 028 8840

 scotlandsupport@childbereavementuk.org

 <https://www.childbereavementuk.org/>

Community Contacts – A Helping Hand with Self-Directed Support (Highland-wide)

Self-Directed Support Advice

Independent Carr Gomm project offering advice, information and support for people navigating Self-Directed Support (SDS) in Argyll & Bute and Highland.

 01546 886285

 becsbarker@carrgomm.org

 <https://www.carrgomm.org/about-us/community-projects/community-contacts>

The Compassionate Friends (National)

Bereavement Support

Organisation of bereaved parents, siblings and grandparents dedicated to supporting others who have lost a child.

 Helpline (Mon–Fri 10:00–16:00 & 19:00–22:00): 0345 123 2304

 helpline@tcf.org.uk

 <https://www.tcf.org.uk/>

Crocus Highland (Highland-wide)

Bereavement Support for Children & Young People

Supports bereaved children (5–18) across the Highlands through creative activity-based sessions.

 01463 714568

 crocusgroup@highlandhospice.org.uk

 <https://highlandhospice.org/what-we-do/community-services/bereavement-services/crocus>

CrossReach Counselling (Inverness)

Counselling for Children & Young People

Supports children and young people coping with family breakdown, bullying, bereavement, and emotional challenges.

 (Monday–Thursday 09:00–17:00): 01463 718069

 inverness.counselling@crossreach.org.uk

 <https://www.crossreach.org.uk/our-locations/crossreach-counselling-inverness>

CRUSE Bereavement Support (National)

Bereavement Support

Free helpline, webchat and listening service for people experiencing grief.

 0808 802 6161

 support@crusescotland.org.uk

 <https://www.crusescotland.org.uk/>

Disability Equality Scotland (National)

Disability Equality Advice

Membership organisation for disabled people and disability groups/organisations. Useful for signposting and have online hubs including: Accessible Travel, Inclusive Communication, Disability Hate Crime, Access Panel Network & Inclusive Design.

 0141 370 0968

 admin@disabilityequality.scot

 <https://disabilityequality.scot/>

Disability Information Scotland (National)

Disability Support

Provide reliable and accessible information for disabled people in Scotland.

 Helpline (Monday-Friday 10:00-12:00, 13:00-15:00): 0300 323 9961

 info@disabilityscot.org.uk

 <https://www.disabilityscot.org.uk/>

Equality Advisory & Support Service (National)

Equality and Human Rights Advice

Helpline providing advice on equality and human rights across the UK.

 0808 800 0082

 <https://www.equalityadvisoryservice.com/>

Headway Highland (Highland-wide, East Ross)

Brain Injury Support

Supports individuals living with acquired brain injuries (ABI) and their families through counselling, home visits and group work.

 07713 170742

 leeheadway@yahoo.com

 <https://www.headwayhighland.org.uk/index.asp>

Held In Our Hearts (National)

Infant Loss Support

Provides baby loss counselling and peer support to families.

 0131 622 6263

 info@heldinourhearts.org.uk

 <https://heldinourhearts.org.uk/>

Highland BlindCraft Sensory Services (Highland-wide)

Sight Loss Support

Ethically run businesses which provide low vision aids, rehabilitation and support to help people and their families living with sight loss.

 01463 210 558

 admin@highlandsensory.org.uk

 <https://www.highlandblindcraft.co.uk/>

Highland Hospice (Highland-wide)

Palliative Care & Support

Provides free palliative care, bereavement services, and professional training for carers across the Highlands.

 01463 243132

 Palliative Care Helpline (24/7): 01463 706655

 generalenquiries@highlandhospice.org.uk

 <https://highlandhospice.org/what-we-do>

James Support Group (Mid Ross, East Ross)

Emotional Support / Peer Support – Mental Health

Supports individuals impacted by suicide or suicidal thoughts, offering local groups and one-to-one sessions.

 Helpline (24/7): 07563 572471

 support@jamesupportgroup.com

 <https://jamesupportgroup.com/>

LGBT Health & Wellbeing (National)

Emotional Support for LGBTQ+ Community

Provide emotional support and information to the entire diversity of the LGBTQ+ community (16+) across Scotland. Support with all kinds of issues as often and as regularly as you need it. This includes if you are questioning or exploring your sexuality and/or gender identity. Also here for the families, partners, friends and supporters of LGBTQ+ people, as well as health and social care professionals.

 Helpline (Tuesdays, Wednesdays, Thursdays 12-9pm; Sundays 1-6pm: 0800 464 7000

 helpline@lgbthealth.org.uk

 <https://www.lgbthealth.org.uk/>

Listening Ear (Highland-wide)

Emotional Support

Active listening support for adults and young people.

 hello@churchatccc.org

 <https://churchatccc.org/listening-ear/>

ListeningTime4U – Listen Well Scotland (National)

Emotional Support

Safe space offering confidential listening via phone, virtual or in-person sessions in Nairn.

 07511 421309

 maureen@listenwellscotland.org.uk

 <https://listenwellscotland.org.uk/listening-training-centre-in-nairn/>

Marie Curie (National)

Palliative Emotional Support

Free emotional and practical support for people affected by terminal illness.

 Helpline: 0800 090 2309

 <https://www.mariecurie.org.uk/>

MCR Pathways Highland (Mid Ross, East Ross)

Mental Health Support for Young People

Provides mentoring support for young people across several Highland schools to improve wellbeing and resilience.

 0141 221 0200

 info@mcrpathways.org

Mhor Collective (National)

Mental Health Support

Supports anyone struggling with mental health and wellbeing who finds it difficult to get online or access digital devices.

 anya@mhorcollective.com

 <https://www.mhorcollective.com/discovery-referrals/>

Mikeysline (Highland-wide, Mid Ross, East Ross)

Mental Health Support

Provides suicide prevention and emotional support across the Highlands via Hives in Inverness, Dingwall, Alness and Tain, plus text and online support.

 01463 729000

 Text Support: 07786 207755

 enquiries@mikeysline.co.uk

 <https://oursupport.mikeysline.co.uk/>

Miscarriage Support – MISS (National)

Miscarriage Support

Safe space for people to share stories or listen to others' experiences following miscarriage; offers self-care guidance and 1:1 virtual appointments.

 07597 584253

 advice@miss-support.org.uk

 <https://www.miss-support.org.uk/>

National Autistic Society – Highland Branch (Highland-wide)

Neurodivergency Support

Supports autistic individuals and families; promotes awareness and inclusion.

✉ highland.branch@nas.org.uk

🌐 <https://www.autism.org.uk/what-we-do/branches/highland>

Next Chapter Scotland (National)

Criminal Justice Support

Helps individuals or families navigate the challenges of having a criminal record.

☎ 0330 355 7145

✉ support@nextchapterscotland.org.uk

🌐 <https://www.nextchapterscotland.org.uk/>

Penumbra (National)

Mental Health Support

Provides a range of national services including self-harm support, in-care abuse recovery and DBI partnership programmes.

☎ 0808 164 2005 (Future Pathways helpline)

✉ SHNS@penumbra.org.uk / InnovationAndImprovement@penumbra.org.uk

🌐 <https://selfharmnetworkscotland.org.uk/>

🌐 <https://www.penumbra.org.uk/>

People First Highland (Highland-wide)

Peer Support – People with Learning Disabilities

Self-advocacy organisation run by members with learning disabilities to promote rights and inclusion.

 07932 005335

 carrie@spiritadvocacy.org.uk

 <http://www.peoplefirsthighland.org.uk/>

Rape and Sexual Abuse Service Highland – RASASH (Highland-wide)

Rape and Sexual Abuse Support

Free, confidential support for anyone affected by sexual violence (aged 13+), including families and partners.

 01463 257657

 info@rasash.org.uk

 <https://www.rasash.org.uk/>

Sacro (National)

Criminal Justice Support

Community justice organisation providing services in rehabilitation, conflict resolution, and public protection. Works with both victims and offenders to build safer communities.

 0131 624 7270

 info@sacro.org.uk

 <https://www.sacro.org.uk/>

SAMH (National)

Mental Health Support

Provides mental health information and support across Scotland. “Time for You” offers counselling, coaching, and digital wellbeing resources.

 info@samh.org.uk

 timeforyou@samh.org.uk

 <https://www.samh.org.uk/>

Samaritans – Inverness Branch (Highland-wide)

Emotional Support

Offers 24/7 free and confidential listening support for anyone in distress via phone, email, or in-person visits.

 01463 713456

 invernesssams@btconnect.com

 <https://www.samaritans.org/scotland/branches/inverness/>

Scottish Commission for People with Learning Disabilities (National)

Charity which works to uphold, protect and raise awareness of the human rights of people with learning disabilities.

 0141 248 3733

 admin@sclld.co.uk

 <https://www.sclld.org.uk/>

Scottish Huntington’s Association Highland (Highland-wide)

Huntington’s Disease Support

Provides specialist care coordination, mental health and wellbeing support for individuals and families affected by Huntington’s disease.

 Highland HD Specialist: 01463 729958

 highland@hdscotland.org

 <https://hdscotland.org/find-support/hd-specialists/>

Sight Scotland (National)

Sight Loss Support

Offer guidance and information to those affected by blindness or vision loss.

 0800 024 8973

 hello@sightscotland.org.uk

 <https://sightscotland.org.uk/>

Therapet Visiting Service (Mid Ross, East Ross)

Dog Visiting Service

Volunteers provide regular visits to people who would benefit from the company of friendly dogs. This can be at your own home, a residential home or at hospital.

 07907 378 713

 pauline.millar@canineconcernscotland.org.uk

 <https://www.therapet.org.uk/>

Thriving Families (Highland-wide)

Additional Needs Support / Family Support

Provides information, advice and support to families of children with additional support needs.

 01463 652005

 info@thrivingfamilies.org.uk

 <https://www.thrivingfamilies.org.uk/>

Upside Throughcare (Highland-wide)

Criminal Justice Throughcare

Practical and emotional support for people on remand or short-term sentences, or within 12 weeks post-release.

 0800 587 7263

 hello@upside.scot

 <https://www.upside.scot/>

Who Cares? Scotland (Highland)

Advocacy for Care Experienced Young People

Provides professional independent advocacy and support for care-experienced children and young people.

 Helpline (Mon–Fri 12:00–16:00): 0330 107 7540

 hello@whocaresscotland.org

 <https://www.whocaresscotland.org/get-support/advocacy/>

WithYou (Highland-wide)

Substance Use Support / Peer Support

Free and confidential one-to-one and virtual support for people affected by drugs or alcohol.

 0808 168 0860

 highlandanywhere@wearewithyou.org.uk

 <https://www.wearewithyou.org.uk/>