



During these uncertain and worrying times, we want to reassure you that we're here for you.

Our 24 hour Freephone Dementia Helpline is available for you whether you are looking for information, emotional support or just need someone to talk to. We have a team of dedicated and experienced volunteers willing to listen, many of whom have personal experience of caring for someone with dementia.

Call our Helpline on 0808 808 3000

Our volunteers can also connect you to a panel of expert advisers, who can help answer more complex enquiries. Alzheimer Scotland is committed to making sure nobody faces dementia alone; if you or someone you know needs our help, then please get in touch.

Note: The Helpline is confidential and you are under no obligation to give any personal details, if you wish not to.

Making sure nobody faces dementia alone.