

# Message from Colin Beattie MSP

'I know that many may struggle with feeling isolated and lonely in trying to do the right thing and keep others and ourselves safe. Many in my constituency have also faced real challenges through shielding this year, and will have to be very cautious again over the upcoming period of Level 4 restrictions. I know that this isn't easy, so if you were shielding and are taking extra steps to isolate yourself, please reach out to those around you, and if you know someone who is then be sure you are there to listen and offer support where it's needed.

'For people who were originally shielding, there is a text messaging service to send you updates and alert you when there is increased risk in your area – to sign up send your CHI number (at the top of your shielding letter) to **07860 064525**

'We need to do what we can to ensure we are looking after both our physical and mental health over the Winter months. I would like to remind everyone reading this that you are not alone – there is always someone to reach out to. You can call Samaritans on **116 123** or Breathing Space on **0800 83 85 87** if you feel overwhelmed, lonely or just need someone to talk to. There is also the Support in Mind website which offers practical advice at [www.supportinmindscotland.org.uk/help-in-a-crisis](http://www.supportinmindscotland.org.uk/help-in-a-crisis)

'Organisations such as Forward Mid offer a huge amount for disabled people locally, and they are hugely beneficial for the community. Whether that is through offering tips through informative newsletters, or offering direct support or advice, it is fantastic knowing that organisations such as this one are always there for those living locally with a disability.

'I would always invite anyone who may need support on a matter to contact my office on [colin.beattie.msp@parliament.scot](mailto:colin.beattie.msp@parliament.scot) and myself and my team will do what we can to support you.'

Please let me know if there is anything else which I can do for you on this matter.

Kind regards,  
Louise

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