



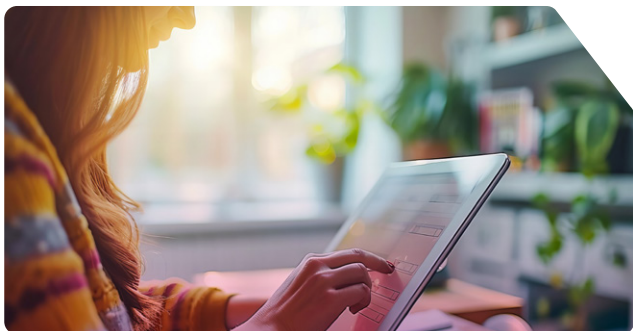
## **SAAS Funding – Lone Parents' Grant**

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The Student Awards Agency Scotland is here to help you to find the right information, support and funding

- ✓ Informing Choices
- ✓ Funding Futures
- ✓ Supporting Success

# There is a grant available to students who are lone parents.



## Lone Parents' Grant

The Lone Parents' Grant is an income-assessed grant that we pay to students who are single, bringing up a child on their own or legally responsible for younger siblings.

**Please note, the child must live with you at least 50% of the time.**

If you have at least one dependent child, extra support is available in the form of the Lone Parents' Grant of up to £1,305 per academic year.

We may need evidence you are a lone parent and to see your child's birth certificate. If we need this, we will email you after you have submitted your application.

## Eligibility

To be eligible you must meet our residency and previous study requirements.

Visit [www.saas.gov.uk](http://www.saas.gov.uk) for more information and to view our full eligibility criteria.

## How to Apply

When completing your application, please tick the boxes stating that you want to apply for Lone Parents' Grant.

If we need you to provide further evidence or forms, we will email you once your application has been processed.



**Products are available in community languages and alternative formats on request.**

# Helpful resources for students

The Student Information Scotland **Health and Wellbeing** page provides a range of resources from trusted local and national sources.



## Gender Based Violence (GBV support)

Universities and colleges should be places where students can live, study and research, free of sexual harassment and gender based violence.

<https://endgbv.uk/>

## EmilyTest

Tackling Gender Based Violence in Education

Working to improve gender based violence prevention, intervention and support in FE and HE education.

[www.emilytest.org](http://www.emilytest.org)

## SAMARITANS Samaritans

You can get in touch about anything that's troubling you, no matter how large or small the issue feels. Talk things over in complete confidence with an experienced listener or send an email.

[www.samaritans.org](http://www.samaritans.org)

Phone: 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)



## Scottish Association for Mental Health (SAMH)

Works to support people who experience mental health problems, homelessness, addictions and other forms of social exclusion.

[www.samh.org.uk](http://www.samh.org.uk) Phone: 0141 530 1000



Works to provide a wide range of mental health services for adults and young people.

[www.penumbra.org.uk](http://www.penumbra.org.uk)



## living life to the full

Based in Scotland, Living life to the full is an award-winning website providing easy access to cognitive behavioural therapy (CBT) based resources for low mood and stress.

[www.lltff.com](http://www.lltff.com)



## Breathing Space

A confidential helpline for people to call when they are feeling low, stressed or anxious.

[www.breathingspace.scot](http://www.breathingspace.scot)

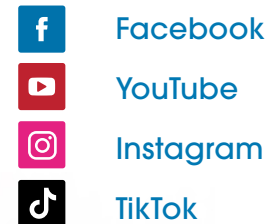
Phone 0800 83 85 87





Student Awards Agency Scotland  
[www.saas.gov.uk](http://www.saas.gov.uk)

Visit your SAAS Account regularly and check your emails for any correspondence.



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