

Support for Young People

<u>ORGANISATION</u>	<u>CONTACT DETAILS</u>	<u>TOPIC</u>
<u>Samaritans</u>	Call free on 116 123 (UK) Email: jo@samaritans.org	Confidential support service open 24 hours a day, 7 days a week
<u>Childline</u>	0800 1111: www.chidline.org.uk	Access support for a wide range of issues, talk to a counsellor online
<u>Breathing Space</u>	Call for free on 0800 83 85 87 www.breathingspace.scot	Advice and support if you need someone to talk to. Their phone line is open from 6pm-2am Monday to Thursday and 6pm-6am Friday to Monday
<u>Beat</u>	The Beat Youthline is open to anyone under 25. Youthline: 0345 634 7650 www.b-eat.co.uk	Uk's leading charity supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape
<u>Aye Mind</u>	www.ayemind.com	Creating a digital toolkit to support those working with Young People to boost ability to promote youth well-being
<u>Young Scot</u>	Call 0808 801 0338 www.youngscot.org	Information on a range of topics including mental health
<u>7 Cups of Tea</u>	www.7cupsoftea.com	An online emotional health and well-being service
<u>LGBT Youth Scotland</u>	Call us: 0131 555 3940 Text: 07786 202 370 https://www.lgbtyouth.org.uk Email: info@lgbtyouth.org.uk	Here to help support lesbian, gay, bisexual and transgender young people
<u>SAMH</u>	www.samh.org.uk	This is the Scottish Association for Mental Health. SAMH believe that there is no health without mental health.

		Here to provide help, information and support
<u>See Me</u>	www.seemescotland.org	See Me is Scotland's programme to tackle mental health stigma and discrimination
<u>TESS: Text and Email support service</u>	Text: 0780 047 2908 www.selfinjurysupport.org.uk follow links to email	For girls and young women affected by self-injury