



SUPPORT FOR FAMILIES



PARENTS/ CARERS

SAMARITANS
116 123



Free, confidential phone service age for anyone who needs to talk 24/7

BREATHING SPACE
0800 83 85 87



Free confidential phone service for anyone age 16+ experiencing low mood, depression or anxiety

LIVING LIFE (NHS)
0800 328 9655




Free telephone appointments to support low mood, mild-moderate depression or anxiety 16+

PARENTLINE SCOTLAND
08000 28 22 33



Free advice and support for all families
www.children1st.org.uk/help-for-families/parentline-scotland/

ANXIETY UK
03444 775 774



Helplines and wide selection of resources for adults and young people
www.anxietyuk.org.uk


YOUNG PEOPLE

YOUNG MINDS CRISIS LINE
TEXT: YP TO 85258

Free mental health crisis support for young people 24/7
www.youngminds.org.uk/




CHILDLINE
0800 11 11



Free, confidential phone service for children experiencing mental health issues, suicidal thoughts, abuse etc.

PAPYRUS
0800 068 41 41



Free, confidential service your people who are thinking about suicide (under 35s)
Weekday 9am-10pm, Weekends 2pm-10pm

BEAT - EATING DISORDERS
YOUTH LINE 0808 801 0711
STUDENTLINE 0808 801 0811



Helplines, webchat and resources for individuals (& families) affected by eating disorders

CRUSE BEREAVMENT SCOTLAND
0845 600 2227



Providing phone support for young people & adults suffering with a bereavement

IT'S OK NOT TO BE OK!

This is not an exhaustive list