



# SUPPORT FOR YOUNG PEOPLE'S MENTAL HEALTH

Organisation	Main contact details	Topic addressed
<b>Samaritans</b>	Call free on 116 123 (UK) Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	Confidential support service and are open 24 hours a day, 7 days a week.
<b>ChildLine</b>	0800 1111: <a href="http://www.chidline.org.uk">www.chidline.org.uk</a>	Get help and advice about a wide range of issues, talk to a counsellor online
<b>Breathing Space</b>	Call for free on 0800 83 85 87 <a href="http://www.breathingspace.scot">www.breathingspace.scot</a>	Advice and support if you need someone to talk to. Their phone line is open 6pm-2am on Monday to Thursday and 6pm-6am on Friday to Monday.
<b>Beat</b>	The Beat Youthline is open to anyone under 25. Youthline: 0345 634 7650 <a href="http://www.b-eat.co.uk/">www.b-eat.co.uk/</a>	UK's leading charity supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape.
<b>Aye Mind</b>	<a href="http://www.ayemind.com/">www.ayemind.com/</a>	Making a digital toolkit for all who work with young people too, to boost their ability to promote youth wellbeing
<b>Young Scot</b>	Call 0808 801 0338 <a href="http://www.youngscot.org/">www.youngscot.org/</a>	It has information on a range of topics including mental health
<b>7 Cups of Tea</b>	<a href="http://www.7cupsoftea.com">www.7cupsoftea.com</a>	An online emotional health and wellbeing service
<b>LGBT Youth Scotland</b>	Call us: 0131 555 3940 Text us: 07786 202 370 <a href="http://www.lgbtyouth.org.uk">www.lgbtyouth.org.uk</a> Email us: <a href="mailto:info@lgbtyouth.org.uk">info@lgbtyouth.org.uk</a>	Here to help support lesbian, gay, bisexual and transgender young people
<b>SAMH</b>	<a href="http://www.samh.org.uk/">www.samh.org.uk/</a>	SAMH is the Scottish Association for Mental Health. SAMH believe there is no health without mental health. We're here to provide help, information and support.
<b>See Me</b>	<a href="http://www.seemescotland.org/">www.seemescotland.org/</a>	See Me is Scotland's programme to tackle mental health stigma and discrimination
<b>TESS: Text and Email Support Services</b>	Text: 0780 047 2908 <a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a> follow links to email	For girls and young women affected by self-injury



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