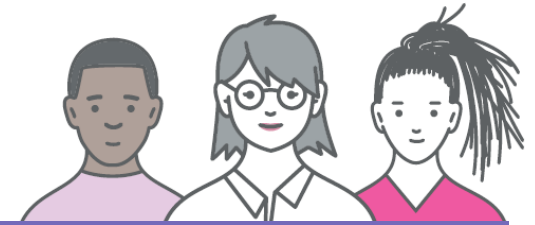




HEALTHIER MINDS SERVICE



Emotional Wellbeing Supports

24/7 supports

Talking with friends and family about how you are feeling can be a good source of support. Other young people may prefer to call a helpline.

The following helplines can offer 24/7 support:

Childline	Call 0800 1111
Samaritans	Call 116 123
SHOUT	Text YM to 85258
PAPYRUS HOPELINE	Call 0800 068 4141 or Text: 07860 039967

If you feel you are not able to keep yourself safe please call **NHS24 111** or **999**

Talking to someone about your mental health and plan how to stay safe

Phone or textlines for anxiety, low mood, stress, support for feeling suicidal and self-harming

Who are they?	What can they help me with?	Where can I contact them?
Healthier Minds	Practical advice and resources to support your emotional wellbeing and mental health.	www.blogs.glowscotland.org.uk/er/healthierminds
Samaritans	Phoneline for anyone who wants someone to talk to about how they feel. Available 24/7.	Call 116 123
SHOUT	Textline who will listen to you about anything you need to talk about and can provide resources. Open 24/7.	Text YM to 85258. You can also visit their dedicated resources page at www.giveusashout.org/get-help/resources
Childline	Childline is a free, private and confidential service where you can talk about anything.	Call 0800 1111 or visit: www.childline.org.uk/get-support for other ways to speak to someone
PAPYRUS	Papyrus are dedicated to promoting emotional wellbeing in young people.	Call 0800 068 4141 or text 07860 039967. You can also visit www.papyrus-uk.org
Children 1 st Parentline	Free support line and webchat for anyone caring for or concerned about a child.	Call 0800 028 2223 or visit www.children1st.org.uk/help-for-families/parentline-scotland/how-parentline-can-support-you/
Alumina	Free online self-harm support for 10-17 years old	https://www.selfharm.co.uk/
Headstrong	Advice, guidance and resources surrounding emotional wellbeing and mental health.	https://www.beheadstrong.uk/
Head above the waves	Not for profit mental health organisation raising awareness for depression and self-harm in young people.	https://hatw.co.uk/

Support with relationships and socialising

Bereavement, bullying and online safety

Who are they?	What can they help me with?	Where can I contact them?
Winston's Wish	Support for young people affected by bereavement.	Call 08088 020 021 or visit www.winstonswish.org/supporting-you/grief-support-young-people
National Bullying Helpline	Support and resources for young people dealing with bullying in person or online.	Call 0300 323 0169 9am-5pm Monday-Friday or visit www.nationalbullyinghelpline.co.uk/children.html
CEOP: Think u know	Information on online safety and relationships.	Visit www.thinkuknow.co.uk/11_18

Looking after your health and wellbeing

General health care, sexual health, sleep, eating, gambling, drugs and alcohol use

Who are they?	What can they help me with?	Where can I contact them?
Emergency services	In an emergency call 999.	Call 999. To sign up to text 999, text "register" to 999 and follow the prompts.
NHS24	For medical advice with an issue which does not require immediate treatment.	Call 111.
NHS Inform – Right care, right place	Where to go for support with a health concern and online resources.	www.nhsinform.scot/campaigns/right-care-right-place
Sandyford	The specialist sexual health service for Greater Glasgow and Clyde area.	Call 0141 211 8130 or visit www.sandyford.scot/sexual-health-services/young-people
Sleep Action	Practical advice and support if you are having trouble with sleeping.	Email sleepsupport@sleepaction.org to speak to an advisor or visit www.sleepaction.org/sleep-support/children-families/gateway-to-good-sleep/teen-zone
Beat	Resources and help for you or someone you know with disordered eating, as well as a support helpline and live chat.	Call 0808 8010 432 from 1pm – 9pm Monday to Friday, 5pm–9pm on weekends and bank holidays, or webchat at www.beateatingdisorders.org.uk
GamCare	Support for you or someone you know about gambling.	Call 0808 8020 133 or visit www.gamcare.org.uk/get-support/talk-to-us-now
FRANK	Honest and straightforward information about drugs including vaping plus how to find support for yourself or someone else.	www.talktofrank.com/contact-frank Call 0300 123 6600 or text 82111 if you have a question about drugs.
Young Minds	Information and support for drugs and alcohol related issues as well as experiences of other young people.	Visit www.youngminds.org.uk/young-person/coping-with-life/drugs-and-alcohol

Who are they?	What can they help me with?	Where can I contact them?
Amina / The Muslim Women's Resource Centre	Support and resources to BAME and Muslim women in Scotland.	www.mwrc.org.uk Call 0808 801 0301
Black Minds Matter	Free counselling and online resources for black individuals and families.	www.blackmindsmatteruk.com
Talktime Scotland	Free counselling and emotional support to young people aged 12-25 with a physical disability and long term health conditions living in Scotland.	www.talktimescotland.co.uk Call or text 07774 210104 or email talktimescotland@gmail.com
Young Scot	Provides a range of information on mental health and financial supports available to young carers, as well as sharing experiences of other young carers.	www.young.scot/campaigns/young-carers
Carers Scotland	Support and information for those looking after a family member or friend	Call 0808 808 7777 from Monday to Friday, 9am – 6pm (excluding Bank Holidays) or email advice@carersuk.org
Scottish Refugee Council	The national support service with guidance and information for refugees and asylum seekers.	www.scottishrefugeecouncil.org.uk/direct-support Call 0808 1967 274
Families Outside	Provides help, information and support for families affected by imprisonment.	Call 0800 254 0088 or text FAMOUT to 6077

