


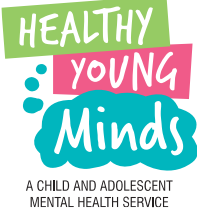





Additional Support Available

Childline	<p style="text-align: center;">0800 1111 Childline.org.uk</p>	<p>Support for any issue.</p> <p>You can contact ChildLine anytime and in these ways; You can phone, send an email, have a 1-2-1 chat, send a message to Ask Sam and you can post messages to the ChildLine message boards</p>
Samaritans	<p style="text-align: center;">Call: 08457 909090 Text: 07725 909090 Samaritans.org jo@samaritans.org</p>	<p>24-hour confidential support by phone, text and email</p>
Breathing Space	<p style="text-align: center;">0800 838587 Breathingspace.scot</p> <p style="text-align: center;">Lines open from 6pm – 2am Monday to Thursday and 6pm – 6am Friday to Monday AM</p>	<p>A confidential phonenumber for anyone in Scotland over the age of 16, feeling low, anxious or depressed</p>
See Me	<p style="text-align: center;">Seemescotland.org itsokay.tv</p>	<p>Online resources and information for young people, created by other young people who have experienced mental health issues</p>
AyeMind	<p style="text-align: center;">Ayemind.com</p>	<p>Using the internet, social media and mobile technologies to access resources and tools for young people experiencing mental health issues</p>
Runaway helpline	<p style="text-align: center;">0808 800 7070 Runawayhelpline.org.uk</p>	<p>24-hour support by phone or text for any young person thinking of running away or who has already run away, or for anyone worried that someone else may run away or if they are being treated badly or abused</p>
Beat	<p style="text-align: center;">beateatingdisorders.org.uk</p> <p style="text-align: center;">Youthline: 0808 801 0711 Email: fyp@beateatingdisorders.org.uk</p> <p style="text-align: center;">Adult Helpline: 0808 801 0677 Email: help@beateatingdisorders.org.uk</p>	<p>Eating disorder charity. Offer support and guidance to anyone affected, both those experiencing an eating disorder and their loved ones. Also, online resources available</p> <p>The Beat Youth line is open to anyone under 18</p> <p>The Beat Adult Helpline is open to anyone over 18. Parents, teachers or any concerned adults should call the adult helpline</p>



ROOKIE MINDS

<p>Boosterbuddy</p>		<p>BoosterBuddy is a free app designed to help teens and young adults improve their mental health.</p> <p>Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits</p>
<p>Mindshift</p>		<p>MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises</p>
<p>Calm Harm</p>		<p>Calm Harm is an app that provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password and personalise the app if you want. You will be able to track your progress and notice change</p>
<p>Mood trackers</p>	 <p>moodtracker.com</p>	<p>A simple web app that lets you keep track of how you're feeling through the day and helps you see what's causing this to change. There are many different trackers to choose from so find the one that is best for you, e.g. anxiety, worry, feeling low</p>
<p>SAMH</p>	<p>0141 530 1000</p>	<p>Scotland's national mental health charity operating over 60 services in communities across the country working with adults and young people providing mental health social care support, services in primary care, schools and further education, among others.</p> <p>Available 9am to 5pm, Monday to Friday</p>
<p>Headspace</p>		<p>Headspace is a daily mindfulness app. You can choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise, and physical health — including short SOS meditations for when you're on the go.</p>
<p>PAPYRUS</p>	<p>Call: 0800 068 41 41 Text: 07860 039967 Email: pat@papyrus-uk.org papyrus-uk.org</p>	<p>PAPYRUS is the UK Charity for the prevention of young suicide. Phone line open 10am-10pm weekdays, 2pm-10pm weekends and bank holidays</p>