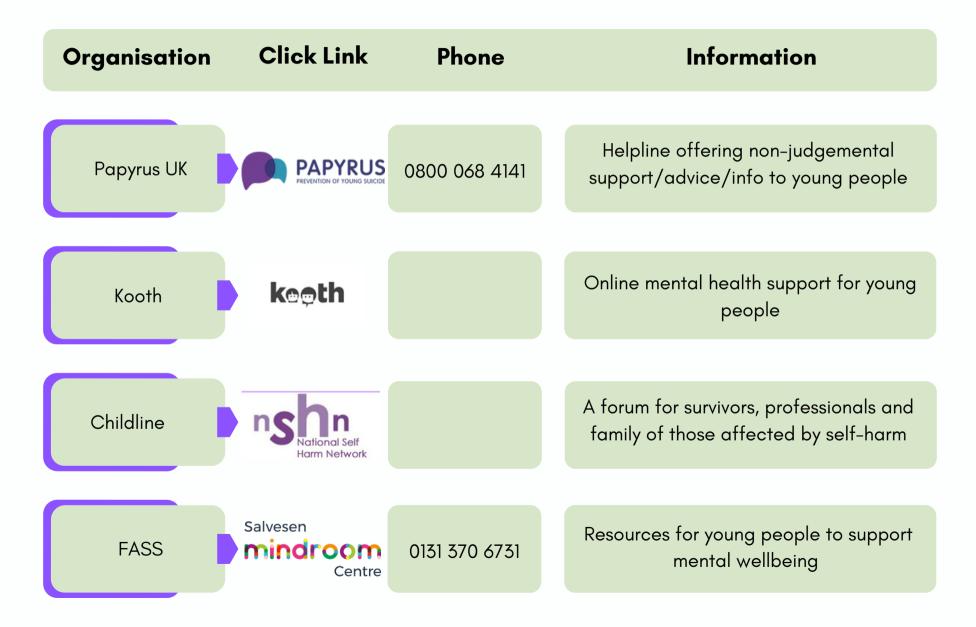


## **PUPIL MENTAL HEALTH LINKS**

Organisation	Click Link	Phone	Information
Beat	Beat Eating disorders	0808 801 0677	One-to-one email befriender support service for young people with an eating disorder
CAMHS	CAMHS Child and Adolescent Mental Health Services		A collection of apps that are designed to support young people with their mental health and well-being
Childline	ChildLine 0800 1111	0800 1111	Online 1-1 counselling for all young people online and on the phone
FASS	families affected by drug & alcohol use	0141 737 3699	Confidential support for parents/adults concerned about a loved one's drug / alcohol use. Counselling, advice & info



## **PUPIL MENTAL HEALTH LINKS**





## **PUPIL MENTAL HEALTH LINKS**

Organisation	Click Link	Phone	Information
Samaritans	SAMARITANS	116 123	Safe space helpline to support emotional wellbeing
Shout	shout 85258 here for you 24/7	85258	Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support
Victim Support Scotland	• Victim Support Scotland	0141 553 2415	Support for people affected by crime. 1-1 emotional & practical support for those attending court as witnesses.
Young Minds	YOUNGMINDS	0808 802 5544	Advice for young peeple about what to do when they have problems that are worrying them