











PARENT MENTAL HEALTH LINKS





Organisation	Click Link	Phone	Information
Beat		0808 801 0677	One-to-one email befriender support service for young people with an eating disorder
Youth Health Service		0141 451 2727	Personalised support for young people aged 12-19 years in Glasgow City
Cared Scotland			Support for parents / carers who are supporting a young person undergoing treatment for an eating disorder
FASS		0141 737 3699	Confidential support for parents/adults concerned about a loved one's drug / alcohol use. Counselling, advice & info

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Geeza Break		0141 573 2900	Voluntary organisation providing intense family support services during school holidays
Families Outside		0800 254 0088	Charity working in Scotland that supports families that are affected by imprisonment
National Self Harm Network			A forum for survivors, professionals and family of those affected by self-harm
Family Lives		0808 800 2222	Parenting advice and family support information



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Samaritans		116 123	Safe space helpline to support emotional wellbeing
Shout		85258	Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support
Victim Support Scotland		0141 553 2415	Support for people affected by crime. 1-1 emotional & practical support for those attending court as witnesses.
Triple P Parenting Programme		0141 277 7560	Simple and practical strategies to help parents manage their children's behaviour and build strong relationships