









PUPIL 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
CAMHS			A collection of apps that are designed to support young people with their mental health and well-being
Childline		0800 1111	Online 1-1 counselling for all young people online and on the phone
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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Papyrus UK		0800 068 4141	Helpline offering non-judgemental support/advice/info to young people
Kooth			Online mental health support for young people
National Self Harm Network			A forum for survivors, professionals and family of those affected by self-harm
Savleson Mindroom		0131 370 6731	Resources for young people to support mental wellbeing



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Organisation	Click Link	Phone	Information
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.
Young Minds		0808 802 5544	Advice for young people about what to do when they have problems that are worrying them