

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	 PAPYRUS PREVENTION OF YOUNG SUICIDE	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	 nshn National Self Harm Network		A forum for survivors, professionals and family of those affected by self-harm
Savlesen Mindroom	 Salvesen mindroom Centre	0131 370 6731	Resources for young people to support mental wellbeing



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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 people about what to do when they have problems that are worrying them