

Below you will find links to several services for young people targeting LGBTQI+ support and support for mental health:

Organisations that offer targeted support for LGBTQI+ young people:

- <https://www.lgbtyouth.org.uk>
- [LGBT Schools Charter Rights | LGBT Youth Scotland | LGBT Youth Scotland](#)
- [LGBT Health and Wellbeing](#)
- [LGBT Advice Centre | LGBT Youth Scotland | LGBT Youth Scotland](#)

National Organisations that offer mental health support for young people:

- <https://www.childline.org.uk>
- <https://www.b-eat.co.uk>
- [breathingspace.scot](#)
- <https://www.moodjuice.scot.nhs.uk/>
- [NHS 24 | NHS 24](#)
- [Aye Feel | Young Scot](#)
- [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)
- [Free, 24/7 mental health text support in the UK | Shout 85258 \(giveusashout.org\)](#)