

# Experience worries and anxiety during this difficult time?

## Useful Apps



To access the list of Apps, click on the button



## Useful phone numbers

**childline**  
ONLINE, ON THE PHONE, ANYTIME  
**GET SUPPORT**  
You can contact Childline about anything. Whatever your worry, it's better out than in. We're here to support you.  
There are lots of different ways to speak to a Childline counsellor or get support from other young people.

Call 0800 1111 About us

Your locker

**Important update:**  
Because of the coronavirus, we've had to make some changes to how Childline works. For now, you can only speak to a Childline counsellor online or on the phone from **9am – midnight**.

**CALL, CHAT ONLINE OR EMAIL US**

**Call free on 0800 1111**  
The quickest way to get through. You can call on any phone for free and it won't show on your bill.

**Log in for a 1-2-1 counsellor chat**  
Chat with a counsellor in a safe space online about whatever is worrying you.

**Send an email**  
Send an email from your Childline locker. We'll try to reply within 24 hours, but it might take longer.

Young Minds: provides information on coping with self-harm and suicidal feelings.

Click on the button for advice regarding self-harm



Crisis Text service also available 24/7 on **85258**

Parents Helpline: 0808 802 5544 Mon – Fri 9.30am – 4pm.



#Coronxiety support

Get support now

Helpline: **03444 775 774**

Text Service: **07537 416 905**

HOME

ABOUT US ▾

ANXIETY CONDITIONS ▾

GET HELP ▾

MEMBERSHIP ▾

ACCESS THERAPY ▾

GET INVOLVED ▾

WORKPLACE ▾

BLOG ▾

SHOP ▾

A confidential phoneline for anyone in Scotland over the age of 16, feeling low, anxious or depressed

**Breathing Space**  
Open up when you're feeling down

Need help now? Call free on  
**0800 83 85 87**

🖱️ **In a crisis?**

Anxious? Worried? Stressed?  
Get 24/7 help from our team of Crisis Volunteers

TEXT 85258



**0800 193 4019**

Mind Mosaic Child and Family Therapies provide vital support via a FREEPHONE helpline for PARENTS, CARERS, and YOUNG PEOPLE who are experiencing anxiety, stress and social isolation during the current Coronavirus Pandemic and period of lockdown

FREEPHONE HELPLINE operates  
Monday - Wednesday 9am - 5pm  
Thursday - Friday 5pm - 8pm  
Saturday - 9am - 12 noon

The freephone helpline will run until July 31<sup>st</sup> 2020 and is funded by the Corrie Foundation Wellbeing Fund

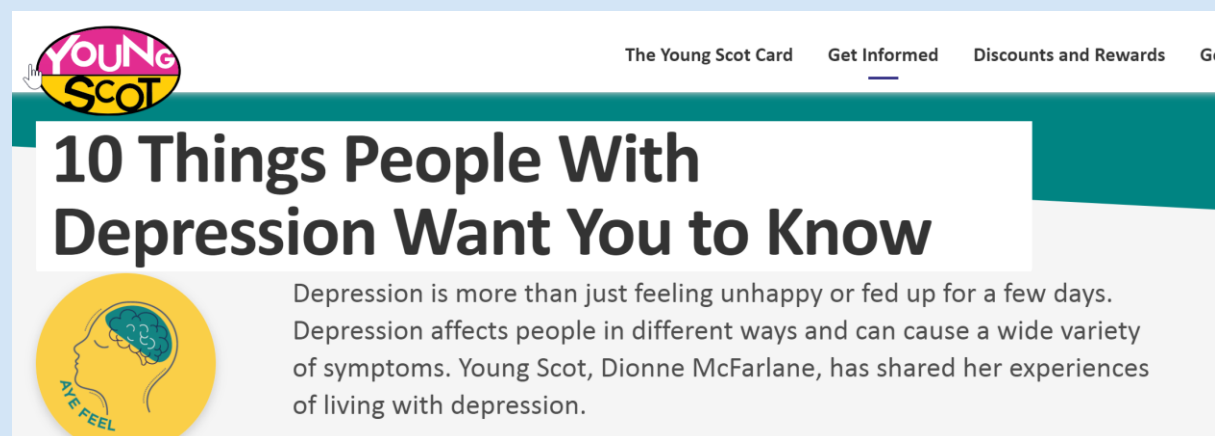
Unit 12 Ground Floor, Laidlaw Business Centre, 20 Polkley Street, Greenock, PA15 2JH

## Useful websites



A very useful resource covering which has a list of helpful Apps and websites at the end of the document.

Click on the button to access “It’s ok to worry about coronavirus”



Click on the button to access “Young Scot – Information on Depression”

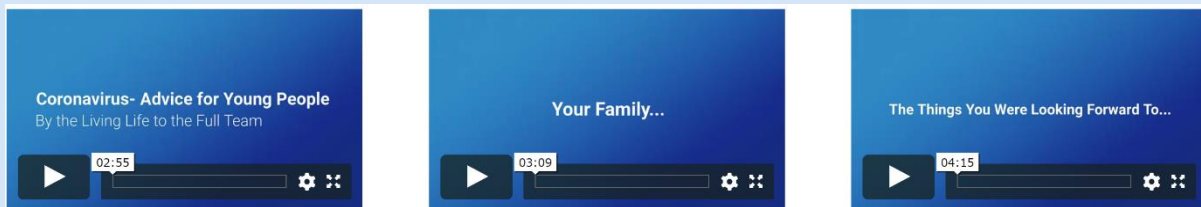


**LIVING LIFE  
TO THE FULL**  
for Young People

[www.llttfyp.com](http://www.llttfyp.com)

**You can only change what you can change:  
Corona virus and Young People**

Click on the button to access “Corona virus and Young People”



- some helpful videos if you scroll to the bottom of this website

Click on the button to access “Advice on Corona”



Click on the button to access  
“Learn key life skills”



Learn key life skills:

- Anger and irritability
- Being more assertive
- Dealing with negative thinking
- Improving Sleep
- Some Tips on Staying Happy
- Tackling low mood and depression
- The 4 Steps to Problem Solving
- Understanding and coping with panic
- Understanding and overcoming worry

# Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty



Click the button to access the “Free Guide To Living with Worry and Anxiety”



Advice and information for parents

## Anxiety

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At the end of this document there is a list of helpful contacts and websites

Click the button to access the “Advice and information for parents”

