



# Wellbeing Supports and Services



## National Supports

### Childline

24hr support up to age 19  
Call: 0800 1111



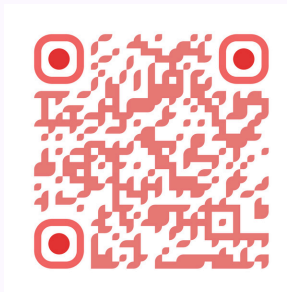
### Samaritans

24hr support  
Call: 116 123



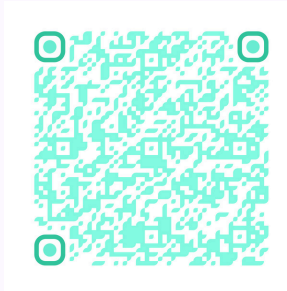
### Shout (Suicidal Support)

24hr support up to age 35  
Text SHOUT to 85258



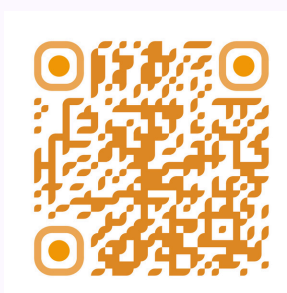
### BEAT (Eating Disorders)

3pm-8pm Mon-Fri Support  
Call: 0800 801 0432



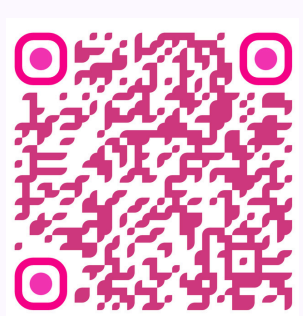
### LGBT Youth Scotland

12pm-9pm Tue-Thu &  
1pm-6pm Sun support  
Call: 0800 4647 000



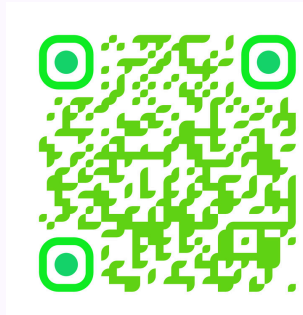
### Cruise (Bereavement Support)

9am-8pm Mon-Fri & 10am-2pm  
Sat/Sun  
Call: 0808 802 6161



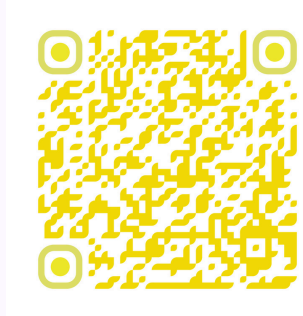
### Sleep Action

10am-4pm Mon-Thu support  
Email:  
sleepsupport@sleepaction.org



### Breathing Space

6pm-2am Mon-Fri & 24hr  
Sat/Sun  
Call: 0800 83 85 87



### Penumbra

Support for anyone in Ayrshire  
and Arran impacted by loss of  
someone to suicide.



For information on North Ayrshire Council Supports visit 'North Ayrshire Community Wellbeing Supports & Services' Website