

# Mental Health & Wellness Support



Call:  
0800 838587

**Breathing Space** is a free confidential phone line for anyone over the age of 16 feeling low, anxious or depressed.

*Monday to Thursday 6pm – 2am.*

*Friday 6pm – Monday 6am.*

[www.breathingspace.scot/](http://www.breathingspace.scot/)



Call free on  
0800 1111

**Childline** is a free private and confidential service for anyone under 19 in the UK. Childline trained counsellors believe no problem is too big or too small.

[www.childline.org.uk/](http://www.childline.org.uk/)



Call:  
0800 068 4141

**Papyrus** Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

[www.papyrus-uk.org](http://www.papyrus-uk.org)



Phone:  
0344 800 0550

**SAMH** provides information and support for people across Scotland with mental health problems. They have an information and support service open from Monday to Friday 9am – 6pm.

Email: [info@samh.org.uk](mailto:info@samh.org.uk)

[www.samh.org.uk](http://www.samh.org.uk)



Call free on  
116 123

**Samaritans** is a confidential, non-judgemental support service. Available 24 hours a day, 365 days a year.

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

[www.samaritans.org](http://www.samaritans.org)



Offering support is one of the best things you can do if you think someone may be feeling suicidal, encourage them to talk about their feelings and to listen to what they say.

[www.nhsinform.scot/surviving-suicidal-thoughts/offering-support-to-someone-youre-worried-is-suicidal/](http://www.nhsinform.scot/surviving-suicidal-thoughts/offering-support-to-someone-youre-worried-is-suicidal/)



If you have any queries regarding any of the support resources provided or for any further suicide prevention training then please contact us at [chooselife@aapct.scot.nhs.uk](mailto:chooselife@aapct.scot.nhs.uk) or call 01292 513146.