

Worried about yourself or someone else? Need To Talk? Need Help? Advice?

Emergency situation?

Call 999

Breathing Space – A free, confidential phonenumber you can call when you're feeling down.

0800 83 85 87 (6pm – 2am)

www.breathingspacescotland.co.uk

Childline – Free helpline for children and young people.

0800 1111 www.childline.org.uk

Crew -0131 220 3404

NHS 24 - If your GP surgery is closed and you are too ill to wait until it re-opens.

Call 111

Samaritans – If you are worried and need someone to talk to. 08457 90 90 90
(lines open 24hours)

www.samaritans.org.uk/

Saneline – Offers emotional crisis support to people experiencing mental health problems, their families, carers and friends.

0845 767 8000 www.sane.org.uk

Drinkaware – www.drinkaware.co.uk

Drinkline – 0800 917 8282

Know The Score – www.knowthescore.info

Lighthouse Foundation –
01563 521343 www.lighthouse-foundation.co.uk (pan-Ayrshire service)

Look ok feel crap? – Feeling depressed, low, stressed or anxious then contact this useful web site. www.lookokfeelcrap.org

'see me' – is a campaign to challenge stigma and discrimination around mental ill-health in Scotland.

www.seemescotland.org

Talk To Frank – www.talktofrank.com

Young Booze Busters – www.youngboozebusters.com

Youngminds – Simple, clear advice on mental health problems aimed at 8 – 16 year olds.

020 7336 8445 www.youngminds.org.uk

Young Scot "Just Ask" -

0808 801 0338 www.youngscot.org