



# Listen+Link

## phone line



**Listen+Link** is a new service from West Lothian Council. It is for children, young people and their families, who have worries about their mental wellbeing.



**Mental wellbeing is the way a person thinks and feels about themselves and the world around them. It affects how a person copes with life's stresses.**

You can make a call to **Listen+Link** yourself. Or you can get someone you trust to make the call for you, and ask for **Listen+Link** to contact you.



**Listen+Link** staff will listen to your concerns, and will try and assist you and your family to look for ways to feel supported. They will want to put you in touch with the right service, group, or activity.

Phone: **01506 283160**

E-mail: [mentalhealthsupport@westlothian.gov.uk](mailto:mentalhealthsupport@westlothian.gov.uk)