

Children & Young People

Mental health support & information

NHS 24

Provides urgent health advice.

www.nhs24.scot

Call: 111

Available 24hrs a day, 7 days a week.

Breathing Space

Offer advice and support if you need someone to talk to.

www.breathingspace.scot

Call: 0800 83 85 87

Mon - Thurs 6pm - 2 am

Friday - Mon 6pm - 6am

(24hrs at weekends)

Samaritans

Offer a 24hour confidential support service.

www.samaritans.org

Call: 116 123

Papyrus

Provide confidential support & advice to young people struggling with thoughts of suicide.

www.papyrus-uk.org

Call: 0800 068 41 41

YoungMinds

Information & advice on the issues young people with mental health problems face.

www.youngminds.org.uk

Urgent help for young people contact the YoungMinds Crisis Messenger, available 24/7

Text: YM to 85258

Childline

Free helpline for young people to get support about anything they're worried about.

Call: 0800 1111

Chat to a counsellor online

www.childline.org.uk/get-support/1-2-1-counsellor-chat

NHS Inform

Health and care information.

www.nhsinform.scot

Elament

Mental health and wellbeing resources.

www.elament.org.uk

In an emergency

Call: 999



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Mental Health Young People In Wales

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