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| **Organisation**  | **Contact details**  | **Support Available**  |
| **The Samaritans**  | Call free on 116 123 Email: jo@samaritans.org | Confidential support service and are open 24 hours a day, 7 days a week.  |
| **Young Minds**  | Parent helpline: 0808 802 5544 [Parents Helpline - YoungMinds](https://youngminds.org.uk/find-help/for-parents/parents-helpline/) | Free, confidential online and telephone support providing information and support  |
| **Parent Line Scotland**  | Call: 08000 28 22 33 Email: [Parentline](https://www.children1st.org.uk/help-for-families/parentline-scotland/?gclid=Cj0KCQiAtqL-BRC0ARIsAF4K3WE8QhJlj_R2vQ-6HqQ7sDEeL3-XBwEiT9zOWzdiytXtx3I2Rdnmw34aAubmEALw_wcB)  | Scotland’s free helpline, email and web-chat service, for anyone caring for or concerned about a child - open 9am- 9pm Mon to Fri.  |
| **Breathing Space** | [Breathing Space is a free confidential service for people in Scotland. Open up when you're feeling down - phone 0800 83 85 87](https://breathingspace.scot/) | Advice and support if you need someone to talk to. Their phone line is open 6pm-2am on Monday to Thursday and 6pm-6am on Friday to Monday.  |
| **NHS 24** | Call 111 for urgent care advice and mental health support [NHS 24](http://www.nhs24.scot/)  | Available 24hrs a day, online support and advice  |
| **Cruse** **Bereavement Care** | Call 0808 1677[Cruse](https://www.cruse.org.uk/) | Information and support after bereavement. Calls are answered by trained volunteers 9am – 9pm |

Support for Parents & Carers

**For Pupils**

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| **Organisation**  | **Contact details**  | **Support Available**  |
| **ChildLine**  | Call 0800 11 11[ChildLine](http://www.childline.org.uk) | Get help and advice about a wide range of issues, talk to a counsellor online  |
| **Breathing Space**  | Call 0800 83 85 87 [Breathing Space](http://www.breathingspace.scot) | Advice and support if you need someone to talk to. Phones lines are open 6pm-2am on Monday to Thursday and 6pm-6am on Friday to Monday.  |
| **Shout 85258** | Text SHOUT to 85258[Give Us A Shout](http://www.giveusashout.org)  | Free 24 hour a day support text counselling support. Website has resources to support mental health |
| **BEAT – Eating Disorders** | Youthline: 0345 634 7650 [b-eat](http://www.b-eat.co.uk/) | Support line and website supporting individuals and families affected by eating disorders.  |
| **The Mix**  | Call 0808 808 4994[www.themix.org.uk](http://www.themix.org.uk)  | Information and support, including crisis support, for a range of health topics |
| **LGBT Youth Scotland**  | Call 0131 555 3940 Text 07786 202 370 [LGBT Youth](https://www.lgbtyouth.org.uk) | Support for lesbian, gay, bisexual and transgender young people  |
| **Papyrus**  | Call 0800 068 4141[Papyrus UK](https://www.papyrus-uk.org/) | Supporting under 35s who are thinking about Suicide  |