|  |  |  |
| --- | --- | --- |
| **Organisation** | **Contact details** | **Support Available** |
| **The Samaritans** | Call free on 116 123  Email: [jo@samaritans.org](mailto: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**

|  |  |  |  |
| --- | --- | --- | --- |
| **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 | |