# Appendix C: Sources of support outside of school

## Support for Young People

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| Organisation | Main contact details | Topic addressed |
| Samaritans | Call free on 116 123 (UK)  Email: [jo@samaritans.org](mailto:jo@samaritans.org) | Confidential support service and are open 24 hours a day, 7 days a week. |
| ChildLine | 0800 1111: www.chidline.org.uk | Get help and advice about a wide range of issues, talk to a counsellor online |
| Breathing Space | Call for free on 0800 83 85 87  [www.breathingspace.scot](http://www.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. |
| Beat | The Beat Youthline is open to anyone under 25. Youthline: 0345 634 7650  [www.b-eat.co.uk/](http://www.b-eat.co.uk/) | UK’s leading charity supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape. |
| Aye Mind | [www.ayemind.com/](http://www.ayemind.com/) | Making a digital toolkit for all who work with young people too, to boost their ability to promote youth wellbeing |
| Young Scot | Call 0808 801 0338 [www.youngscot.org/](http://www.youngscot.org/) | It has information on a range of topics including mental health |
| LGBT Youth Scotland | Call us: 0131 555 3940 Text us: 07786 202 370 https://www.lgbtyouth.org.uk/  Email us: [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk) | Here to help support lesbian, gay, bisexual and transgender young people |
| SAMH | [www.samh.org.uk/](http://www.samh.org.uk/) | SAMH is the Scottish Association for Mental Health. **SAMH** believe there is no health without mental health. We're here to provide help, information and support. |
| See Me | <https://www.seemescotland.org/> | See Me is Scotland's programme to tackle mental health stigma and discrimination |
| TESS: Text and Email Support Services | **Text: 0780 047 2908**  [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk) **follow links to email** | **For girls and young women affected by self-injury** |

**Support for Parents/ Carers**

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| Organisation | Main contact details | Topic addressed |
| The Samaritans | Call free on 116 123 (UK)  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  [www.youngminds.org.uk](http://www.youngminds.org.uk) | Free, confidential online and telephone support providing information and support |
| Parent Line Scotland | Call: 08000 28 22 33  Email: parentlinescotland@children1st.org.uk | Scotland’s free helpline, email and web-chat service, for anyone caring for or concerned about a child - open 9am- 9pm Mon to Fri. |
| GP | Contact your GP at your local Surgery | Speak to your GP if you are worried about your child’s mental health |
| NHS Choices | http://www.nhs.uk/conditions/stress-anxiety-depression/pages/mental-health-helplines.aspx | **Whether you're concerned about yourself or a loved one, the helplines listed can offer expert advice** |