

Need help now		
Samaritans	Call free 116 123 (UK) Email: jo@samaritans.org	Confidential support service and are open 24 hours a day, 7 days a week.
ChildLine	Call free 0800 1111 www.childline.org.uk	Get help and advice about a wide range of issues, talk to a counsellor online
Breathing Space	Call free 0800 83 85 87 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
NHS 24	Call 111	The NHS 24 111 service provides urgent health advice out of hours, when your GP practice or dentist is closed.
Websites		
Cool 2 Talk	https://cool2talk.org/	cool2talk and one2one provide a safe space where young people can get their questions answered accurately and without judgement. 121 is an on-line chat service with a counsellor, between 8pm and 9pm Monday, Wednesday and Thursday.
LGBT Youth Scotland	Call 0131 555 3940 Text 07786 202 370 www.lgbtyouth.org.uk/ Email us: info@lgbtyouth.org.uk	Here to help support lesbian, gay, bisexual and transgender young people

<p>SAMH</p> <p>See Me</p> <p>B-eat</p> <p>Young Minds</p> <p>The Mix</p>	<p>www.samh.org.uk/</p> <p>www.seemescotland.org.uk</p> <p>www.b-eat.co.uk</p> <p>https://youngminds.org.uk/</p> <p>Parents helpline 0808 802 5544 (Monday to Friday 9.30am – 4pm)</p> <p>, https://www.themix.org.uk/</p>	<p>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.</p> <p>See Me is Scotland's programme to tackle mental health stigma and discrimination</p> <p>Supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape.</p> <p>Supporting children and parents with mental health and wellbeing</p> <p>Support for under 25s, health, money and housing.</p>
<p>Local Partners</p> <p>Young Peoples Services (Streets Ahead Service)</p> <p>The Corner</p>	<p>Call 01307 460 101 www.hillcrest.org.uk/futures</p> <p>Drop in 13 Shore Tce Dundee Call 01382 206060 www.thecorner.co.uk</p>	<p>1:1 support for 10-25 year olds on drugs, alcohol and sexual health</p> <p>Health, information and peer-led services, 1:1</p>

<p>Tayside Council on Alcohol</p> <p>Womens Aid (AWARE service)</p> <p>Young Carers</p> <p>Penumbra</p>	<p>http://alcoholtayside.com/</p> <p>http://anguswomensaid.co.uk/</p> <p>http://www.angusyongcarers.org.uk/</p> <p>http://www.penumbra.org.uk</p>	<p>Counselling</p> <p>Supporting people with problematic use of alcohol or those affected by by</p> <p>Support for women and children who have experienced domestic abuse</p> <p>Supporting young people under 18 years old who have caring responsibilities.</p> <p>Support for over 16s experiencing or affected by mental health difficulites</p>
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Wellbeing Apps

Stop, Think Breathe

Calm Harm

Headspace

Stem 4

Headspace