

Child and Youth Mental Health Resources

Websites

Aye Mind: hosts a range of me resources to support mental wellbeing for young people <http://ayemind.com/>

NHS Greater Glasgow and Clyde Mental Health Improvement Team: hosts a range of downloadable information including, leaflets, posters and resource packs. [Mental Health Improvement - NHSGGC](#)

Sleep Scotland: Teen Zone to support teenagers sleep better <https://www.sleepscotland.org/education/teen-zone/>

Staying Safe Website: If you're struggling and you're not sure if you want to live or die, can you, just for now hold off making this decision and keep read the information and watch the videos for some ideas about how to get through. There may be things that you - and other people - can do to make things better. <https://stayingssafe.net/>

The Mix: A support service for young people in the UK who are under the age of 25. Provides information on mental health and wellbeing. <https://www.themix.org.uk/mental-health>

Young Minds: provides information on coping with self-harm and suicidal feelings. <https://youngminds.org.uk/>

Helplines

Childline: free helpline **0800 1111** available 24/7. Talk to a counsellor or have a 1 to 1 counsellor chat online.

LGBT Youth Scotland: if you need to talk text **07984 356 512** or you can participate in online chats [Digital support | LGBT Youth Scotland | LGBT Youth Scotland](#)

PAPYRUS HOPELINE UK: free helpline for children and young people under age 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide. Call **0800 068 41 41** or Text: **07860039967**. Open everyday from 9am -12 am (midnight).

Samaritans: A free and confidential support to anyone, any age. Call 116 123 anytime.

SHOUT: Text SHOUT to 85258

National Bullying Helpline: call **0845 22 55 787** (call charges apply) provides practical help and advice for children and adults dealing with bullying at school or work.