Child and Youth Mental Health Resources

Websites and Resources

Aye Mind: hosts a range of resources via a directory of digital tools to support mental wellbeing for young people Digital tools – Aye Mind

NHS Greater Glasgow and Clyde Mental Health Improvement Team: hosts a range of downloadable child and youth mental health information including, leaflets, posters, and resource packs. Mental Health Improvement - NHSGGC

Respect Me: provides information on bullying, what to do and supports. https://respectme.org.uk/about/

Sleep Scotland: information to support teenagers sleep better. https://www.sleepscotland.org/education/teen-zone/

Helplines and Support

CALM: Helpline and webchat **0800 58 58 58** available anyone (aged 15+) 5.00 pm - midnight, every day. To access Whatsapp and Webchat support visit https://www.thecalmzone.net/get-support

Childline: Free helpline **0800 1111** available 24/7. Talk to a counsellor or have a 1 to 1 counsellor chat online. Childline | Free counselling service for kids and young people | Childline

LGBT Youth Scotland: Have 1 to 1 support with a youth worker, participate in youth groups, or talk to a youth worker online at regular slots each week. Digital support | LGBT Youth Scotland | LGBT Youth Scotland

PAPYRUS HOPELINE UK: Free helpline for anyone 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: 88247**. Open 24 hours a day, every day.

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

Self-harm Network Scotland: Provide an online portal is to provide information and support for people who are living with self-harm aged 12+. Immediate support available via web-chat and recovery-focused tools, enabling people to support themselves and others.. Home - Self-Harm Network Scotland Penumbra

SHOUT: A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text SHOUT to **85258.**