

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](#)

BEAT: Information on eating disorders and getting support. [The UK's Eating Disorder Charity - Beat](#)

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 Action: information to support teenagers sleep better. [Sleep help for teens | Sleep Action | UK's oldest sleep charity](#)

Helplines and Support

CALM: Helpline and webchat **0800 58 58 58** available anyone (aged 18+) 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 or anyone concerned that a young person could be thinking of suicide. Call **0300 102 2470** or **Text:** HOPE to **88247**. Open 24/7.

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**.