

Child and Youth Mental Health Useful Websites and Helplines



INTRODUCTION

For children and young people mental health problems can develop as a result of life circumstances like exam stress, transitions, caring responsibilities, relationships, sexual identity, poverty, unemployment, grief, illness and long term conditions and family imprisonment. Many of these mental health problems are mild and temporary and often manageable with help from supportive trusted adults like teachers, youth workers, parents/caregivers and peer groups. The problems pass as the child or young person moves on and finds new solutions. However, for some children and young people they may require support from an organisation who specialises in the area that is impacting on their mental health eg bereavement. It is important that children, young people and their families have a range of support options for early intervention and can be helped to find their way to appropriate help quickly. This resource whilst not exhaustive, provides a comprehensive offer of helplines and websites covering various subject matters that can impact on mental health and wellbeing.

Distress and Suicidal Thoughts

Some CYP find that talking with friends and family about their feelings can be a real source of support for coping with distress or suicidal thoughts. It might be helpful for them to map their support network, and think about people they could call if they are feeling suicidal. Other young people may prefer to seek more professional support or call a helpline such as Childline, Samaritans, Shout, Papyrus Hopeline:

- **Childline 0800 1111**
- **Samaritans 116 123**
- **SHOUT Text SHOUT to 85258**
- **PAPYRUS HOPELINE UK 0800 068 4141 or Text: 07860039967**

For some young people they may be finding it difficult to cope and may think of ending their life, if you are concerned about a young person's mental health and wellbeing and feel they may be in distress, their Doctor should be their first point of contact. If you feel the young person's life in immediate danger please call **999** for assistance.



One Good Adult

Talking to a supportive trusted adult is good for Children and Young People's mental health. Here are some tips to help you be that One Good Adult.



Listen

- Ask direct questions
- Treat the young person with dignity and respect
- Offer emotional support and understanding
- Encourage help seeking



Judge

Overreact

- Dismiss their concerns
- Rush to solve the problem
- Tell them they are wrong to feel a certain way

Theme

General Mental Health and Wellbeing

- Anxiety
- Bullying
- Depression
- Loneliness & Isolation
- Low mood
- Online Safety
- Sleep
- Stress
- Suicide

Helplines

BREATHING SPACE: Call **0800 83 85 87**. A free confidential phone and web based service for people experiencing low mood, depression or anxiety. 16+. Mon-Thurs 6pm – 2pm and weekends Friday 6pm to Monday 6am

CHILDLINE: free helpline **0800 1111** available 7 days a week, 9am-midnight. Talk to a counsellor or have a 1 to 1 counsellor chat online

NHS LIVING LIFE : Call **0800 328 9655**: A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Mon-Fri 1pm -9pm

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

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 weekdays, 9am -10pm, weekends and bank holidays 2pm – 10pm

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

SHOUT Crisis Text service also available 24/7 Text YM to **85258**

Useful websites

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

CHILDLINE: provides information on bullying, abuse, safety and the law <https://www.childline.org.uk/>

NHS INFORM: will give you all the advice you need to keep yourself safe. www.nhsinform.scot/

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

STAYING SAFE: 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://staying-safe.net/>

THINK YOU KNOW: is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline. <https://www.thinkuknow.co.uk/>

TOGETHERALL: is a safe, online community where people support each other anonymously to improve mental health and wellbeing. <https://togetherall.com/en-gb/>

YOUNG MINDS: provides information on coping with self harm and suicidal feelings. <https://youngminds.org.uk/>

YOUNG SCOT: their Aye Feel campaign provides information on how to look after your emotional wellbeing <https://young.scot/campaigns/national/aye-feel>

Theme	Helplines	Useful websites
Addictions	<p>FRANK: provides support around drugs. Call 0300 123 6600, 24 hours a day, 7 days a week or Text 82111 with a question and FRANK will text you back</p>	<p>FRANK: Honest information about drugs https://www.talktofrank.com/</p>
Bereavement	<p>BEAUTIFUL INSIDE AND OUT: A Scottish registered charity, supporting bereaved parents and siblings of suicide victims. Call 07984328808</p> <p>BEREAVEMENT TRUST HELPLINE: Available 6pm-10pm every evening. Call 0800 435 455</p> <p>MARIE CURIE SCOTLAND: free helpline to anyone affected by the death of the loved one at any time in their life. Call 0800 090 2309</p>	<p>CHILD BEREAVEMENT UK: provides information and support needed to help grieving children and young people. https://www.childbereavementuk.org/</p> <p>NHS GGC BEREAVEMENT: provides information on a range of supports and services www.nhsggc.org.uk</p> <p>WINSTON'S WISH: giving hope to grieving children and young people https://www.winstonswish.org/</p>
Body Image	<p>BEAT: Get free telephone or email support for friendly, non-judgmental advice regarding an eating disorder or supporting someone with an eating disorder. Call 0808 801 0432 or email scotlandhelp@beateatingdisorders.org.uk</p> <p>The helpline is open 365 days a year 9am-midnight Monday to Friday and 4pm-midnight at weekends and bank holidays</p>	<p>BE REAL CAMPAIGN: aims to change attitudes to body image and help all of us put health above appearance and be confident in our bodies. https://www.berealcampaign.co.uk/</p> <p>NHS INFORM: a self esteem self help guide that uses cognitive behavioural therapy (CBT) to improve self-esteem. Download here</p>

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<p>Black, Asian and Minority Ethnic, Asylum Seekers, Refugees</p>	<p>AMINA HELPLINE: Call 0808 801 0301 Mon-Fri 10am-4pm, provide a listening ear and signposting services for Muslim women across Scotland</p>	<p>SAHELIYA: a specialist mental health and wellbeing support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) www.saheliya.co.uk</p> <p>THE SCOTTISH REFUGEE COUNCIL: a charity dedicated to supporting people in need of refugee protection www.scottishrefugeecouncil.org.uk</p>
<p>Criminal Justice</p>	<p>FAMILIES OUTSIDE : Provides help, information and support for families affected by imprisonment Helpline: Call 0800 254 0088 or Text FAMOUT to 6077</p>	<p>FAMILIES OUTSIDE: works solely on behalf of families in Scotland affected by imprisonment https://familiesoutside.org.uk</p>
<p>Disabilty</p>	<p>talktime SCOTLAND: provide free counselling and emotional support to young people aged 12-25 with a physical disability and long term health conditions living in Scotland. Email talktimescotland@gmail.com or call/text 0774 210 104</p> <p>GLASGOW DISABILITY ALLIANCE: Support for disabled people and those living with long term conditions. Call 0141 556 7103 or Text 07958 299 496</p>	<p>I AM ME SCOTLAND: Changing attitudes and behaviours so that disable and vulnerable people can feel safe within their communities https://iammescotland.co.uk/</p>

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<p>Domestic Violence and Gender Based Violence</p>	<p>DOMESTIC ABUSE AND FORCED MARRIAGE/GBV: For anyone needing support for domestic abuse as well as family members, this is a confidential, sensitive service for anyone to call. You can speak to a professional in your preferred language: Call 08000271234 or email helpline@sdafmh.org.uk</p> <p>ROSEY PROJECT: support for girls aged 13-25 who have experienced sexual violence. Call freephone helpline 08088 00 00 14, 7 days a week 11am-2pm Mon-Thurs , 5.30pm-7.30pm</p> <p>THE NATIONAL RAPE CRISIS: Freephone 08088 01 03 02, every day, 6pm-Midnight</p>	<p>NHSGGC GENDER BASED VIOLENCE AND HUMAN TRAFFICKING: offers information on supports available across Greater Glasgow and Clyde www.nhsggc.org.uk</p>
<p>Eco Anxiety</p>	<p>CHILDLINE: free helpline 0800 1111 available 7 days a week, 9am-midnight. Talk to a counsellor or have a 1 to 1 counsellor chat online</p>	<p>ECO DISTRESS : a website for young people that explains how understanding the distress and having some tools to cope with it can help people feel better and take action at the same time. Visit here</p> <p>MENTAL HEALTH FOUNDATION: How to look after you mental health using mindfulness, free to download</p> <p>YOUNG UPSTART: A hub of information for young people working together to save the planet http://www.youngupstart.com/</p>

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<p>Lesbian, Gay, Bi-sexual and Transgender</p>	<p>LGBT YOUTH SCOTLAND : if you need to talk text 07984 356 512 or you can participate in on line chats at https://www.lgbtyouth.org.uk/groups-and-support/digital-support/</p>	<p>LGBT YOUTH SCOTLAND: provides a range of information for LGBTI young people https://www.lgbtyouth.org.uk/</p>
<p>Long Term Conditions</p>	<p>ASTHMA UK: Speak to an asthma expert nurse on their helpline 0300 222 5800</p> <p>DIABETES SCOTLAND: Call 0141 212 8710*, Monday–Friday, 9am–6pm or email helpline.scotland@diabetes.org.uk Confidential helpline (*charges apply) that can provide information about the condition and take time to talk through and explore emotional, social, psychological or practical difficulties</p> <p>EPILEPSY SCOTLAND: provide a free confidential helpline that provides information and emotional support to anyone affected by epilepsy. Call 0808 800 2200, Mon-Fri 9.30am -4.30pm</p>	<p>NHS INFORM : Scotland's national health information service helping the people in Scotland to make informed decisions about their own health and the health of the people they care for www.nhsinform.scot</p>

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<p>Self Harm</p>	<p>CALM (Campaign Against Living Miserably): provide free phone and WebChat support 5pm - Midnight daily: Call free 0800 58 58 58</p> <p>SAMARITANS: A free and confidential support to anyone, any age. Call free 116 123</p> <p>SELF INJURY UK: : For women of any age or background affected by self-injury, whether their own or that of a friend or family member. Call 0808 800 8088, open Tuesday, Wednesday and Thursday, 7pm – 9.30pm</p> <p>YOUNG MINDS: provides information on coping with self harm and suicidal feelings. Crisis Text service also available 24/7 Text YM to 85258 and a Parents Helpline: 0808 802 5544 Mon – Fri 9.30am – 4pm</p>	<p>HEADS UP: provides information on self harm and includes advice and tips on ways people can get help www.heads.scot</p> <p>LIFESIGNS: has a number of useful fact sheets that can be download for free www.lifesigns.org.uk</p>
<p>Sexual Health</p>	<p>SANDYFORD: is the specialist sexual health service for Greater Glasgow and Clyde. Young people clinics are open Tues and Thurs evening from 4pm – 4pm at Sandyford Central. These are not drop in clinics and young people must book an appointment online or phone 0141 211 8130</p>	<p>Young people @Sandyford: is for people 13 yrs and older. https://ypsandyford.scot</p>
<p>Young Carers</p>	<p>CHILDREN AND YOUNG PEOPLES COMMISSIONER SCOTLAND: available for advice on children’s human rights on email at inbox@cypcs.org.uk or free phone 0800 019 1179</p>	<p>YOUNG SCOT: provides a range of information on mental health, and other supports available to young carers https://young.scot/campaigns/national/young-carers</p>