Child and Youth Mental Health
Useful Websites, Helplines and Apps

NHS
Greater Glasgow and Clyde

INTRODUCTION

For children and young people mental health issues 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 e.g. 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 is for anyone working with children, young people, and their families. Whilst it is not an exhaustive directory, it provides a comprehensive offer of helplines, websites, apps, and digital tools covering various subject matters that can impact mental health and wellbeing.

Distress and Suicidal Thoughts
Some children and young people 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:

- **Childline:** 0800 1111
- **NHS Mental Health Hub:** 111
- **Samaritans;** 116 123
- **SHOUT:** Text SHOUT to 85258

For some children and young people, they may be finding it difficult to cope and may think of ending their life, if you are concerned about a child or 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.

Watch our One Good Adult clip at **https://youtu.be/nuEHXTQNE-k**

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	Helplines	Useful Websites
General Mental Health and Wellbeing • Anxiety • Bullying • Depression • Loneliness & Isolation • Low mood • Sleep • Stress • Suicide	**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 – 2am and weekends Friday 6pm to Monday 6 am. **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 7 days a week, 24 hours a day. Talk to a counsellor or have a 1 to 1 counsellor chat online **https://www.childline.org.uk/get-support/contacting-childline/** **NHS MENTAL HEALTH HUB:** Telephone advice and support on healthcare can be obtained from NHS24 by phoning **111;** the Mental Health Hub is open 24/7. **SAMARITANS**: Call **116 123.** A free and confidential support to anyone, any age. Open 24/7. **SLEEP ACTION HELPLINE**: can offer individual one-to-one advice and support to young people in Scotland, aged 18 years and younger. Complete our the form, and a member of the team will be in touch with you directly. Click **here** **SHOUT:** Crisis Text service also available 24/7 Text YM to **85258**	**AYE MIND:** hosts a range of digital tools and resources to support mental wellbeing for young people **http://ayemind.com/** **CHILDLINE**: provides information on a range of mental health topics **https://www.childline.org.uk/** **KIDS:** information to help children and young people to live meaningful, healthy, independent lives. **https://www.nhsggc.org.uk/kids/%20** **NHSGGC MyAPP My MENTAL HEALTH:** for people looking for self-guided support on topics that can make daily life feel harder, but where you're still managing. It may be support for yourself or help for someone you know. Children and young people section. **NHS INFORM**: Scotland's national health information service, providing information on a range of mental health conditions. **www.nhsinform.scot/** **RESPECT ME:** provides information on bullying, what to do and supports. **https://respectme.org.uk/about/** **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://stayingsafe.net/** **TOGETHERALL (subject to review):** A safe, online community where people (aged 16+) support each other anonymously to improve mental health and wellbeing. **https://togetherall.com/en-gb/** (please check your area for availability). **YOUNG MINDS:** provides information on a range of mental health related topics **https://youngminds.org.uk/** **YOUNG SCOT**: hosts a range of information on a variety of topics that has been created with young people **https://young.scot/get-informed/**

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Alcohol, Drugs and Tobacco/Vaping	**CREW 2000:** If you need to chat access Digital Drop-in by emailing **dropin@crew2000.org.uk**, or send a FREE text to **07860047501** for a call back **QUIT YOUR WAY:** an advice and support service for anyone trying to stop smoking in Scotland**.** Call **0800 84 84 84** Mon-Fri 9am-5pm. Wechat service also available **https://www.nhsinform.scot/care-support-and-rights/nhs-services/helplines/quit-your-way-scotland/** **WITHYOU:** Offers free, confidential support for young people aged 13 and over who are experiencing issues with drugs, alcohol or mental health via webchat, Monday to Friday 9am - 9pm; Weekends 10am - 4pm **https://www.wearewithyou.org.uk/**	**ALCOHOL CHANGE UK:** If you are worried about your own or someone else's drinking there is information and support available **https://alcoholchange.org.uk/** **CREW:** Helping people make positive choices about their use of cannabis, stimulant and other social drugs and sexual health. **https://www.crew.scot** **KNOW THE SCORE:** Whether you've taken drugs, are thinking of taking them, or are just curious and want to know more, it's important to know the real facts about drugs **https://www.knowthescore.info/** **NHSGGC HEALTH IMPROVEMENT ALCOHOL AND DRUGS:** shares useful resources, research and policy information. **https://www.nhsggc.scot/staff-recruitment/staff-resources/health-improvement-alcohol-and-drugs/** **PARENT CLUB:** Facts about vaping. Information for parents and carers about vaping and getting support **https://www.parentclub.scot/articles/information-and-facts-about-vaping**
Bereavement	**CHILD BEREAVEMENT UK:** free helpline available **0800 02 888 40,** 8am - 8pm, Mon-Fri (except bank holidays). Provide confidential support, information and guidance to individuals, families and professionals. Live Chat or email also available **https://www.childbereavementuk.org/about-our-helpline** **WINSTON'S WISH: Talk Grief i**s dedicated online space for grieving teenagers and young adults (13 to 25) **https://www.talkgrief.org/**	**CHILD BEREAVEMENT UK**: provides information and support needed to help grieving children and young people **https://www.childbereavementuk.org/** **HOPE AGAIN:** Cruse Bereavement Care's website for young people experiencing grief. **https://www.hopeagain.org.uk/** **WINSTON'S WISH:** Giving hope to grieving children and young people **https://www.winstonswish.org/**

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Body Image	**CHILDLINE:** Get support with your body image. Free helpline **0800 1111** available 7 days a week, 24 hours a day. Talk to a counsellor or have a 1 to 1 counsellor chat online at **https://www.childline.org.uk/get-support/contacting-childline/**	**YOUNG MINDS:** provides information on body image, what it is, what you can do if you are struggling with body image and how you can support someone struggling with body image. Click **here**.
Care-experienced	**WHO CARES? SCOTLAND'S HELPLINE:** If you're a care experienced person who needs to talk to someone, you can contact the Who Cares? Scotland helpline. It's open Monday to Friday, 12pm to 4pm. Call **0330 107 7540,** or email **help@whocaresscotland.org.**	**WHO CARES? SCOTLAND**: supports care experienced people to have their voice heard and make that happen in a number of ways **https://www.whocaresscotland.org/**
Criminal Justice	**FAMILIES OUTSIDE** : Provides help, information and support for families affected by imprisonment. Helpline: Call **0800 254 0088** Mon - Thurs 10am - 4pm or email **support@familiesoutside.org.uk**	**FAMILIES OUTSIDE:** Works solely on behalf of families in Scotland affected by imprisonment **https://familiesoutside.org.uk**
Disablilty	**DYSLEXIA SCOTLAND:** Call **0344 800 8484,** Monday-Thursday 10.00am-4pm or **helpline@dyslexiascotland.org.uk** **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 t**alktimescotland@gmail.com** or call/text **07774 210 104** **GLASGOW DISABILITY ALLIANCE**: Support for disabled people and those living with long term conditions. Call **0141 556 7103,** freephone **0800 432 0422** or texting **07958 299 496.**	**DISABILITY INFORMATION SCOTLAND:** provide reliable and accessible information for disabled people in Scotland. Visit **here**. **ENQUIRE:** the Scottish advice service for additional support for learning working to ensure children are supported, included, and listened to throughout their education. **https://enquire.org.uk/**

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Disordered Eating	**BEAT:** Get free telephone and email support for friendly non-judgemental advice for disordered eating. Call **0808 801 0432** or email **scotlandhelp@beateatingdisorders.org.uk** Helpline is open 365 days a year 3pm-8pm Monday to Friday. Webchat and online peer support groups are also available **https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/**	**BEAT:** Provides information and support on eating disorders **https://www.beateatingdisorders.org.uk/get-information-and-support/** **NHS INFORM:** provides information on eating disorders, types, symptoms, warning signs and treatment.
Domestic Violence and Gender Based Violence	**DOMESTIC ABUSE AND FORCED MARRIAGE/GBV:** For anyone needing support for domestic abuse as well as family members, a confidential, sensitive service for anyone to call. You can speak to a professional in your preferred language: Call **0800 027 1234** any time, any day, Text/WhatsApp: **07401288595** or email **helpline@sdafmh.org.uk.** A webchat service is also available: **https://www.sdafmh.org.uk/en/** **ROSEY PROJECT**: support for girls aged 13-25 who have experienced sexual violence. Call freephone helpline **08088 00 00 14,** Mon-Fri 11am-2pm, Mon - Wed 5.30pm - 7.30pm. A live chat service is also available during these times: **https://www.roseyproject.co.uk/** **RAPE CRISIS SCOTLAND:** Call: **08088 01 03 02** or Text: **07537 410 027** offers confidential short-term, crisis and initial support. Open 7 days, 5pm - midnight. Support people of all genders living in Scotland aged 13+ who have been affected by sexual violence.	**DOMESTIC ABUSE AND DISCLOSURE SCHEME FOR DOMESTIC ABUSE IN SCOTLAND:** Information about domestic abuse, how to report if you know someone is a victim, support you can receive and a message to perpetrators. h**ttps://www.scotland.police.uk/advice-and-information/domestic-abuse/disclosure-scheme-for-domestic-abuse-scotland/** **YOUNG SCOT:** No matter what your relationship is with someone, you should be treated with kindness and respect. Know how to spot the signs that something isn't right and say "That's Not OK". **https://young.scot/campaigns/thatsnotok/**

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Eco Anxiety	**CHILDLINE:** A free helpline **0800 1111** available 7 days a week, 24 hours a day. Talk to a counsellor or have a 1 to 1 counsellor chat online.	**ECO DISTRESS :** 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 **https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/eco-distress-for-young-people** **YOUNG MINDS:** Tips on how to cope with climate anxiety: **https://www.youngminds.org.uk/young-person/blog/how-to-cope-with-climate-anxiety/**
Ethnic Diversity	**AMINA HELPLINE**: Call **0808 801 0301** Mon-Fri 10am-4pm, providing a listening ear and signposting services for Muslim women across Scotland. A webchat service is available during helpline opening hours: **https://mwrc.org.uk/what-we-do/helpline** **MUSLIM YOUTH HELPLINE:** provide a listening ear, preventing crises from escalating into tragedies. **Call free 0808 808 2008,** Mon-Sun 4pm - 10pm. Online chat and email also available visit **https://myh.org.uk/** **SCOTTISH REFUGEE COUNCIL HELPLINE:** A free and confidential helpline for information and advice on refugee and asylum issues. Call **0808 1967 274,** Mon - Fri 9am-5pm.	**THE SCOTTISH REFUGEE COUNCIL:** A charity dedicated to supporting people in need of refugee protection **www.scottishrefugeecouncil.org.uk** **YOUNG MINDS**: mental health advice for young Muslims click **here**
Gambling and Gaming Harms	**GamCare Young People's Service**: Call **0808 8020 133**, 24 hour support. Support for young people if they are gambling themselves or if they are affected by someone else's gambling. Online chat support available visit **https://www.gamcare.org.uk/get-support/talk-to-us-now/**	**GAMBLING AWARE:** Offers practical advice to help you have open and positive conversations with children and young people about gambling. **https://www.gambleaware.org/helping-young-person** **NHS INFORM**: provides information on problem gambling, what it is, signs and effects and self-help and professional supports **https://www.nhsinform.scot/healthy-living/mental-wellbeing/addictions/problem-gambling/**

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Lesbian, Gay, Bi-sexual and Transgender	**LGBT YOUTH SCOTLAND**: Offer **one to one suppor**t with a youth worker and/or **live chat**. For those aged 12-25. **LGBT HEALTH & WELLBEING:** Call the helpline **0800 464 7000** Tues, Wed & Thurs (12pm-9pm), Sundays (1pm-6pm). For those aged 16+.	**LGBT YOUTH SCOTLAND:** Provides a range of information for LGBTI young people **https://www.lgbtyouth.org.uk/**
Long Term Conditions	**ASTHMA AND LUNG UK:** Speak to an asthma expert nurse on their helpline **0300 222 5800,** Mon-Fri 9am - 5pm or email helpline@asthmandlung.org.uk **DIABETES SCOTLAND**: Call **0141 413 5148***, Mon–Fri, 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. **EPILEPSY SCOTLAND**: provide a free confidential helpline that provides information and emotional support to anyone affected by epilepsy. Call **0808 800 2200** Mon-Fri 10am - 4.30pm **TEAPOST TRUST:** transforms the lives of children and families living with long term, and often painful, health conditions through art therapy. Call **0131 273 4340,** email **info@teapot-trust.org**	**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**

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Money Worries	**STEP CHANGE:** provide support if you are having problems with money/debt. Call **0800 138 1111** Mon-Fri 8am to 8pm and Sat 9am to 2pm. **CITIZEN'S ADVICE SCOTLAND:** Provide support on a range of topics including debt and money. Call **0800 028 1456**.	**STEP CHANGE**: Support and information to help people to deal with their debt problems. **https://www.stepchange.org/** **YOUNG MINDS**: Information on money and mental health **https://www.youngminds.org.uk/young-person/coping-with-life/money-and-mental-health/#Gethelpnow** **YOUNG SCOT**: Information for young people about managing money, debt and budgeting for the future **https://young.scot/campaigns/money-and-me/**
Online Lives	**LGBT+ HATE CRIME HELPLINE: 0800 999 5428**, Mon-Tues 9.15am - 8pm, Wed-Fri 9.15am - 4.30pm. Closed weekends. Support for anyone who has experienced anti-LGBT+ violence, abuse, or harassment, including online abuse. **REVENGE PORN HELPLINE: 0345 6000 459.** Open 10.00 am - 4.00 pm, Monday to Friday for those who are 18+ who have had intimate images shared online without their consent. **CHILDLINE: 0800 111.** Open 24 hours a day, 7 days a week. Support for children and young people with anything they want to talk about. **YOUNG MINDS:** Crisis Messenger, free 24/7 support across the UK for those under 18 experiencing a mental health crisis. Text YM to **85258.**	**AYE MIND:** Provides a range of digital mental health tools that can be used to support young people's mental health and wellbeing. **https://ayemind.com/useful-tools/** **DIGI KNOW:** A hub created by Young Scot full of fun ways to learn digital skills and information on how to stay safe online. **https://young.scot/campaigns/digiknow/** **CYBER SMILE:** Information and support services for people who have been impacted by cyberbullying. **https://www.cybersmile.org/** **UK SAFER INTERNET CENTRE:** A range of guides and resources for children and young people about staying safe online: **https://saferinternet.org.uk/guide-and-resource/young-people** **ONLINE HARMS -** Provides information on useful websites, helplines, and reporting mechanisms for a range of harms, including cyberbullying and sextortion: **https://www.nhsggc.scot/downloads/online-harms-helplines-websites-reporting/**

Theme	Helplines	Useful websites
Relationships and Sexual Health	**CHILDLINE:** Provide advice if you are having problems with relationships. Call free on **0800 1111,** available 7 days a week, 24 hours a day. Talk to a counsellor or have a 1 to 1 counsellor chat online at **https://www.childline.org.uk/get-support/contacting-childline/** **LGBT YOUTH SCOTLAND:** Offer **one to one support** with a youth worker **and/or live** chat Mon 4pm - 6pm, Wed & Thurs 4pm - 8pm. For those aged 12-25.	**Young people @Sandyford:** for young people 13 yrs and older. A range of young people clinics are available **https://ypsandyford.scot** **YOUNG SCOT:** No matter what your relationship is with someone, you should be treated with kindness and respect. Know how to spot the signs that something isn't right and say "That's Not OK". **https://young.scot/campaigns/thatsnotok/**
Self-harm	**SELF-HARM NETWORK SCOTLAND:** online portal providing information and support for people who are living with self-harm aged 12+. Immediate support is available via web chat, alongside recovery-focused tools: **https://selfharmnetworkscotland.org.uk/**	**LIFESIGNS**: has a number of useful fact sheets that can be download for free **www.lifesigns.org.uk** **SIFT UNDERSTANDING SELF HARM TOGETHER:** Provides free downloads and self-help information and resources **https://sift.org.uk**/
Young Carers	**CHILDREN AND YOUNG PEOPLES COMMISSIONER SCOTLAND HUMAN RIGHTS ADVICE LINE:** provide information about how a child or young person's human rights might have been affected in a situation, although it's not able to give you legal advice. Email **inbox@cypcs.org.uk**, Freephone **0800 019 1179.**	**CARERS SCOTLAND:** Provides information on supports available to young carers **https://www.carersuk.org/scotland/help-and-advice/financial-support/support-for-young-carers/** **YOUNG SCOT:** Provides a range of information on mental health, and other supports available to young carers **https://young.scot/campaigns/national/young-carers**
Young Parents	**CHILDREN FIRST SUPPORT LINE:** offers emotional, practical and financial help, if you are struggling, feeling overwhelmed, have a feeling that something isn't quite right or just need to hear a friendly voice. Call **08000 28 22 33.** Open 7 days a week, Monday to Friday, 9am - 9pm and weekends, 9am – 12pm.	**YOUNG PARENTS CHILDLINE:** provide information for young parents including advice on going back to school.

Apps & digital tools	Details	Access
Calm Harm	Worried about self-harm? An app that helps you manage or resist the urge to self-harm.	Download free on the App Store or Google Play: Home - **Calm Harm App**
Daylight	For people who are feeling worried or anxious. You can learn proven tools and techniques to get out of your head, face difficult emotions, and be more present. Free for anyone aged 18+ who lives in Scotland. First part of postcode is required when you sign up.	Download free on the App Store or Google Play: **Daylight**
distrACT	Provides trusted information and links to support for people who self-harm and may feel suicidal. Also includes eating disorders, student mental health and carers' mental health.	Download free on the App Store or Google Play: **distrACT app - Expert Self Care**
Kooth	A free, safe and anonymous website that allows young people to access tailored mental health and wellbeing support. Only available in certain localities.	Access via web browser: **https://www.kooth.com/**
MyApp: My Mental Health	An app from NHSGGC which includes a library of mental health information & materials to help people manage their mental health, including a section for children and young people.	Download free on **App Store** or **Google Play**. Accessible via web browser: **https://rightdecisions.scot.nhs.uk/myapp-my-mental-health/**
Sleepio	An online sleep improvement programme which delivers tailored and engaging advice, 24/7.	Sign Up at **https://www.sleepio.com/sleepio/nhsinform/333#1/1**
Stay Alive	Provides useful information and tools to help you stay safe in a crisis.	Download free on the App Store or Google Play: **StayAlive**
Togetherall (subject to review)	Togetherall is a free and anonymous online community available 24/7 to people (16+) who are looking for mental health support and a sense of connection. It is available across a variety of different Scottish local authorities. (	Access via web browser: **https://togetherall.com/en-gb/** Check your area for availability
Worth Warrior	For young people to manage negative body image, low self-worth, and related early-stage eating difficulties or disorders.	Download free on the App Store or Google Play: **https://worthwarrior.stem4.org.uk/**