

Resources to support emotional wellbeing and mental health

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Confidential support service.
Open 24 hours a day, 7 days a week.

WINSTON'S WISH *WW*

Winston's Wish supports bereaved children, young people, their families, and the professionals who support them.



Support for lesbian, gay, bisexual and transgender young people.



Advice and support if you need someone to talk to. Phonenumber open 6pm-2am Monday to Thursday and 6pm—6am Friday to Monday



www.selfinjurysupport.org



UK's leading charity supporting anyone affected by eating disorders
www.beateatingdisorders.org.uk/



www.seemescotland.org



www.samh.org.uk



[bumps2bairns](http://bumps2bairns.com)



[Young minds](http://www.youngminds.org.uk)

Useful apps

Just ask is an enquiry line for our parents, Carers, children, young people and those who work with them.

The phone line is open on Tuesdays from 1pm –4pm.

Staff usually available are:

- Dietitians
- Educational Psychologists
- Occupational Therapists
- Physiotherapists
- Primary Mental Health Worker
- Speech and Language Therapists
- Pre school Home Visiting Teachers
- School Nurses

Please call us on 07785477686



Headspace



SAM App



For Me—Childline app



Calm app



What's up?