



REACH OUT – MAKE A DIFFERENCE TO SOMEONE WHO'S LONLEY

SIGNPOSTING SUPPORT - YOUNG PEOPLE

HELPLINES

SAMARITANS

Free, confidential service for anyone needing someone to talk to – operates 24 hours and 365 days

Phone: 116 123 (free number)

Website: <http://www.samaritans.org/your-community/samaritans-work-scotland>

Email: jo@samaritans.org

Local branch: 67a Tomnahurich Street, Inverness: 01463 713456

CHILDLINE

You can contact Childline about anything. Whatever your worry, it's better out than in. They are here to support you and help you find ways to cope.

Phone: 0800 1111 (free)

Website: www.childline.org.uk

- Log in for a 1-2-1 counsellor chat
- Send an email

There is also a message board and 'write to Sam'.

Facebook: www.facebook.com/Childline

Youtube: www.youtube.com/user/childline

BREATHING SPACE

Free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety.

Phone: 0800 83 85 87 available:

- 24 hours at weekends (6pm Friday - 6am Monday)
- 6pm to 2am on weekdays (Monday - Thursday).

Website: <http://breathingspace.scot/>

PAPYRUS

HOPELineUK is a confidential support and advice service for:

- Young people under the age of 35 who may be having thoughts of suicide
- Anyone concerned a young person may be having thoughts of suicide.

Call: 0800 068 41 41

Opening hours are 10am-10pm weekdays, 2pm-10pm weekends, and 2pm-5pm Bank Holidays.

Text: 07786209697

Email: pat@papyrus-uk.org

Website: www.papyrus-uk.org

MIKEYSLINE

Non-judgemental confidential peer-support text service for anyone feeling worried, anxious, stressed or depressed. Inverness based. Lines open 7pm Friday to 7am Monday

Text: 07779 303 303

Website: www.mikeyslines.co.uk

Facebook: www.facebook.com/MikeysLineInverness



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GET CONNECTED/THE MIX

Free, confidential telephone and email helpline finding young people the best help whatever the problem. Provides free connections to local or national services, and can text information to callers' mobile phones.

Phone: 0808 808 4994 (free)

- 7 days a week 1pm-11pm)

Website: www.getconnected.org.uk

- One to one chat
- Telephone counselling
- Email

THE SPARK

The Relationship Helpline

The Relationship Helpline is a confidential and free support service for individuals across Scotland who need someone to talk to about relationship concerns.

Phone: 0808 802 2088

- Monday – Thursday, 9am – 9pm.
Friday, 9am – 5pm.
Saturday, 10am – 2pm.

Website:

www.relationshipsmatter.org.uk/helplines

- Option for a [webchat](#)

WEB SUPPORT/DATABASES

YOUNG MINDS

Website offering information to young people and children about mental health and emotional wellbeing. It also has links to other sources of support.

Website:

http://www.youngminds.org.uk/for_children_young_people

ALISS

ALISS (A Local Information System for Scotland) is a search website for health and wellbeing activities across Scotland.

Website: <https://www.aliss.org/>

GENERAL ADVICE

If you are worried or upset about anything you should ask your named person (Primary Head Teacher or Guidance Teacher), school nurse, youth worker, active schools coordinator or other trusted adult for advice and support.