

National organisations that offer support

NSPCC Helpline

Provides 24/7 help and support from trained helpline counsellors to thousands of parents, professionals and families.

Available: 24/7

Phone: 0808 800 5000

Email: help@nspcc.org.uk

Visit: <http://www.nspcc.org.uk>

Place2Be

Providing emotional and therapeutic services in primary and secondary schools, building children's resilience through talking, creative work and play.

Email: Scotland@place2be.org.uk

Visit: <http://www.place2be.org.uk>

NHS 24

NHS24 is a 24-hour health service for Scotland.

Phone: 111

Visit: www.nhs24.com

Breathing Space

A confidential out of office hours telephone line for people experiencing low mood, anxiety or depression.

Phone: 0800 83 85 87

Visit: breathingspace.scot

Samaritans

24-hour helpline offering emotional support for anyone feeling down, distressed or struggling to cope.

Phone: 116 123

Email: jo@samaritans.org

Visit: www.samaritans.org

MindEd

Online advice and support for parents of children who may be experiencing poor mental health.

Visit: <http://www.minded.org.uk/families>

YoungMinds

Information and resources for young people and parents on mental health.

Available: Mon to Fri 9:30am - 4pm

Phone: 0808 802 5544

Visit: <http://www.youngminds.org.uk>

ParentLine Scotland

Free helpline, email and web-chat service, for anyone caring for or concerned about a child – open until 9pm Monday to Friday.

Phone: 0800 282233

Email: parentlinescotland@children1st.org.uk

Visit: <http://www.children1st.org.uk/plschat>