



Organisations and their websites which may be able to help you

Childline	www.childline.org.uk/	
LGBT Youth Scotland	www.lgbtyouth.org.uk/	
Breathing Space Scotland	www.breathingspace.scot/	
Stem4	www.stem4.org.uk/	Stemming teenage mental illness
Young minds	www.youngminds.org	Youth Depression
Head Meds	https://www.headmeds.org.uk/	Mental health medication
Mindfulness app	https://www.headspace.com/	
LifeSIGNS	http://www.lifesigns.org.uk/	Self injury support
Self harm	https://www.selfharm.co.uk/	Online chat and support
The Mix	http://www.themix.org.uk/	Supporting 16-25 year olds with any challenge they might face
Dyslexia Scotland	https://www.dyslexiascotland.org.uk	
Alzheimer Scotland	https://www.alzscot.org/	
Young Carers	http://www.careinfoscotland.scot/topics/young-carers-and-young-adult-carers/	
Youth Health Service	http://www.yhs-ng.co.uk/ https://www.samh.org.uk/	Scottish Association for Mental health
Heads Together	www.headstogether.org.uk	Mental health

See me

www.seemescotland.org

Mental health discrimination

Place 2 be

www.place2be.org.uk

Mental health

Young Scot

www.youngscot.org

Good general information on range of issues