



## Supporting Your Health and Wellbeing

It's OK to not feel OK.

Sometimes, life can present us with challenges, and we need a helping hand to get back on track. It's easier to do this with support from your family, friends and teachers.

However, it can also be helpful to seek more specialist support from someone who can offer expert advice.

Action for Children	Action for Children provide our in school counselling service	Speak to your Pastoral Care teacher who can make a referral
Samaritans	Call 116 123 <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> <a href="http://www.samaritans.org">www.samaritans.org</a> Samaritans self-help app	24 Hour confidential support if you are feeling suicidal, self-harming or having a difficult time or supporting someone else.
NHS24	Call 111	NHS call centre offering health advice.
Emergency	Call 999	In the event of an emergency, always call 999 for an ambulance.
Youth Health Service	Call 0141 451 2727 <a href="http://www.nhsggc.org.uk">www.nhsggc.org.uk</a>	Confidential service which can support young people 12-19 in matters including sexual health, substance misuse, anxiety, relationships, risk-taking, weight management, sleep disturbance, gaming and gambling
Childline	Call 0800 11 11 <a href="http://www.childline.org">www.childline.org</a>	You can phone, instant message, email or Ask Sam if you have concerns or need advice on anything from bullying, your family, relationships, school or your feelings.

Breathing Space	Call 0800 83 85 87 <a href="http://www.breathingspace.scot">www.breathingspace.scot</a>	Sometimes thoughts and feelings can be overwhelming. Breathing space offers the opportunity to open up when you are feeling low.
Runaway Helpline	Call 0808 800 7070 Text 116000 <a href="http://www.runawayhelpline.org.uk">www.runawayhelpline.org.uk</a>	If you are thinking about running away, have already run away, want to return, Runaway Helpline can offer advice.
LGBT Youth	Call 0141 552 7425 <a href="mailto:Info@lgbtyouth.org.uk">Info@lgbtyouth.org.uk</a> Live chat available on website <a href="http://www.lgbtyouth.org.uk">www.lgbtyouth.org.uk</a>	Support for lesbian, gay, bisexual, transgender young people. Available for advice, support or someone to talk to.
SHOUT	Text 85258	Struggling to cope? Free support for anyone in a crisis 24/7
Think You Know	<a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>	Advice from CEOP protecting children on and offline with a range of portals suited to different ages. Includes advice on grooming, sexting and sexual abuse.
SeeMe	<a href="http://www.seemescotland.org">www.seemescotland.org</a>	Information for young people to support talking about mental health
AyeMInd	<a href="http://www.ayemind.com">www.ayemind.com</a>	Information on body image, self-esteem and teenage health
Beat	Call 0808 801 0811 <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>	Specialist support and advice for young people experiencing eating disorders.
Mindshift	App to help you deal with symptoms of stress and anxiety offering strategies to face it rather than avoiding it. Includes information and relaxation techniques to help you deal with worry, social anxiety, exam stress and pain.	
Moodtrackers	A range of apps. Search the app store to find one which best suits you and helps you to develop coping strategies	
PEAK	Brain training app which is completely free and offers a range of games which can be used as a distraction.	

Supportive Apps	This is a collection of apps approved by the Child and Adolescent Mental health Service (CAMHS), to support your health & wellbeing <a href="https://www.camhs-resources.co.uk/apps-1">https://www.camhs-resources.co.uk/apps-1</a>
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Kooth	<a href="https://www.kooth.com/">https://www.kooth.com/</a> Age 11-24	Kooth is an online mental wellbeing community with articles, moderated discussion boards and 1:1 live chat to support your mental health & wellbeing
Togetherall	<a href="https://account.v2.togetherall.com/register/area?utm_campaign=Interactive%20PDF&amp;utm_medium=Interactive%20PDF&amp;utm_source=Healthcare%20Collateral">https://account.v2.togetherall.com/register/area?utm_campaign=Interactive%20PDF&amp;utm_medium=Interactive%20PDF&amp;utm_source=Healthcare%20Collateral</a> Age 16-24	Registered mental health practitioners on hand 24 hours a day to offer advice and support with access to free resources and online courses.