

This section is for pupils, parents, carers and families. Listed here are some useful websites, contacts and advice for Wellbeing:

EMERGENCY HELP



If someone is at immediate risk of suicide and harm, the best course of action to protect that person may be to get them to Accident and Emergency for urgent professional help.

Please consider what the safest option is to get them there and as soon as possible. They may agree to go with you or may prefer to go with a member of their family or a friend.

If they are unwilling to go and are at immediate risk of harm, call 999 for the police and stay with them until the police arrive.

Another support route for them, which in some circumstances may be most suitable option, is to encourage the person in crisis to see their GP. With their permission, you can call their GP surgery to make an appointment or for advice.



If you need someone to talk to, call The Samaritans any time, 24 hours a day for free on 116 123 from any phone. They won't judge or tell you what to do. They will just listen. You may find it easier to write things down, if so contact jo@thesamaritans.org



Childline is a free, private and confidential service where you can talk about anything. Whatever you are worried about, whenever you need help, Childline is there for you online, on the phone, 24 hours a day. Call 0800 1111. This service is available to anyone under 19 years old in UK.

Website: <https://www.childline.org.uk/>



Lifelink is a wellbeing and counselling service. Life Link counselling have counsellors who visit young people and support them in Gleniffer High School. Check out their website for self-referring or contact your child's PT Pastoral to discuss further.

Website: <https://www.lifelink.org.uk/>



Beautiful Inside and Out is a Scottish registered charity. The charity provides bespoke counselling and bereavement support to young people in crisis.

Call 07984 328808 or visit www.facebook.com/beautifulinsideandoutsco/



Young Minds provides information and advice about fighting young people's mental health. Call 0808 802 5544 Monday to Friday or if you need urgent help text YM to 85258.

Advice on website <https://youngminds.org.uk/about-us/>



Scottish Families Affected by Drugs and Alcohol (SFAD) support anyone who is concerned about someone else's drug or alcohol use, wherever they are in Scotland. Call the free and confidential helpline on 08080 101011 Monday to Friday 9am-11pm where there is a call back service available on weekends.

Website: <https://www.sfad.org.uk/>



LGBT Youth Scotland aim is to make Scotland the best place to grow up for LGBTI young people If you need to Chat text them on 07786 202 307 (Mon-Fri)

Website: <https://www.lgbtyouth.org.uk/>



SAMH is a Scottish charity supporting people with mental Health. For details of SAMH local services contact them on 0141 530 1000 Mon-Fri 9am-5pm

Website: <https://www.samh.org.uk/>



The Scottish Eating Disorder Group (SEDIG) is an online support that helps people across Scotland find the support, care and understanding they need to deal with eating disorders, whether they are affecting them directly, a family member or someone you care for.

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



Breathing Space is a free and confidential phone service for anyone experiencing low mood, depression or anxiety. Call 0800 83 85 87 Monday – Thursday 6pm – 2am and during weekends Friday 6pm – Monday 6am.

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



Respect Me provides practical advice and guidance on dealing with bullying behaviour. Call 0844 800 8600 or email ENQUIRE@RESPECTME.ORG.UK.

Website: <https://respectme.org.uk/>



What About Me? Is a new Scottish Charity looking at anti-bullying with a purpose of allowing children and young people to have the best learning experience in an environment that is safe, reassuring and equipped to deal with bullying behaviour. Email teamwhataboutmescotland.org

Website: <https://whataboutmescotland.org/>



Cruse Scotland offers support, advice and information to children and young people when someone dies. Call 0845 600 2227 Monday – Thursday 10am – 8pm and Friday 10am – 4pm.

Website: <http://www.crusescotland.org.uk/>



Relationships Scotland provide relationship counselling and family mediation and other family support services across Scotland. Their work supports young people and families experiencing relationship difficulties. Call 0345 119 2020 during office hours.

Website: <https://www.relationships-scotland.org.uk/>