

## Resources to support emotional wellbeing and mental health

**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111



Confidential support service.  
Open 24 hours a day, 7 days a week.



Advice and support if you need someone to talk to. Phonenumber open 6pm-2am Monday to Thursday and 6pm—6am Friday to Monday



UK's leading charity supporting anyone affected by eating disorders

[www.beateatingdisorders.org.uk/](http://www.beateatingdisorders.org.uk/)



[bumps2bairns.com/school-age/worries-and-anxieties/](http://bumps2bairns.com/school-age/worries-and-anxieties/)

**WINSTON'S WISH** WW

Winston's Wish supports bereaved children, young people, their families, and the professionals who support them.



Support for lesbian, gay, bisexual and transgender young people.



[www.selfinjurysupport.org](http://www.selfinjurysupport.org)



[www.seemescotland.org](http://www.seemescotland.org)



[www.samh.org.uk](http://www.samh.org.uk)



[www.youngminds.org.uk](http://www.youngminds.org.uk)

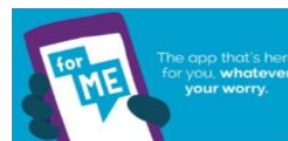
### Useful apps



Headspace



SAM App



For Me—Childline app



Calm app



What's up?

**Just ask** is an enquiry line for our parents, Carers, children, young people and those who work with them.

The phone line is open on Tuesdays from 1pm—4pm.

#### Staff usually available are:

- Dietitians
- Educational Psychologists
- Occupational Therapists
- Physiotherapists
- Primary Mental Health Worker
- Speech and Language Therapists
- Pre school Home Visiting Teachers
- School Nurses

**Please call us on 0300 303 1365**