



Online Support for Children and Young People

Whatever you are going through, you do not have to go through it alone. Your Ipad has a link to the Young People's Guide to Mental Health and Wellbeing and here are some organisations who can support you:

[Respectme](#)

Scotland's anti-bullying service launched in March 2007. The service is fully funded by the Scottish Government and is managed by Scottish Association for Mental Health (SAMH) in partnership with Lesbian, Gay, Bisexual and Transgender (LGBT) Youth Scotland.

[Childline online](#)

Childline anti-bullying helpline in Scotland (**0800 44 1111**) specifically for children and young people who are experiencing bullying or who are displaying bullying behaviour.

www.lgbtyouth.org.uk

LGBT Youth Scotland's vision is to make Scotland a place where LGBTI young people can flourish and thrive. The charity plays a leading role in the provision of quality youth work to LGBTI young people that promotes their health and wellbeing and are a valued and influential partner in LGBTI equality and human rights.

LGBT Scotland Helpline – 0300 123 2523

Open every Tuesday and Wednesday between 12-9pm.

Information and emotional support for lesbian, gay, bisexual and transgender people and their families, friends and supporters.

www.kooth.com

Kooth is a free online counselling and emotional well-being support service providing children and young people aged 10 - 18 years (up to 19th birthday) in the Scottish Borders with a safe and secure means of accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors. Link is on your Ipad.

www.togetherall.com

Togetherall is available free to all residents **(16+)** living within Scottish Borders.

Togetherall provides a supportive, online community to get help. Trained professionals are available 24/7, and there is a choice of safe therapeutic services, including online self-help courses. This means anyone who may be struggling can get support at a time that suits them, direct from their device.

The service is completely anonymous, and when a new member joins, they create an anonymous username, which does not identify them in any way. Link is on your Ipad.

[Resilience For Wellbeing Service - Quarriers](#)

Quarriers Resilience for Wellbeing Service, which runs throughout 9 Secondary schools covering the whole of the Scottish Borders, focuses on prevention and early intervention to aid and improve mental health. Simply put, we are here to guide and help young people to cope when times are tough.

NHS Borders Wellbeing Point

www.nhsborders.scot.nhs.uk/wellbeingpoint

shout Crisis Text Line – Text ‘SHOUT’ to 85258

If you are experiencing a personal crisis, are unable to cope and need support. Shout can help with urgent issues such as suicidal thoughts, abuse or assault, self-harm, bullying and relationship challenges. giveusashout.org

Samaritans – Tel: 116 123

24 hour helpline. For personal crisis, risk of suicide and emotional support.

Breathing Space – 0800 83 85 87

A free evenings and weekends, confidential phone service for anyone experiencing low mood, depression or anxiety.