Organisation	Main contact details	Topic addressed
Place2be	Lucy Maxwell Lucy.Maxwell@place2be.org.uk Alison Fraser (Lucy's maternity cover) Alison.Fraser@tynecastle.edin.sch.uk	Place2be offers a variety of different mental health and counselling services to meet schools needs, including in-school support, expert training and resources.
Samaritans	Call free on 116 123 (UK) Email: jo@samaritans.org	Confidential support service and are open 24 hours a day, 7 days a week.
ChildLine	0800 1111: www.chidline.org.uk	Get help and advice about a wide range of issues, talk to a counsellor online
Breathing Space	Call for free on 0800 83 85 87 www.breathingspace.scot	Advice and support if you need someone to talk to. Their phone line is open 6pm-2am on Monday to Thursday and 6pm-6am on Friday to Monday.
Beat	The Beat Youthline is open to anyone under 25. Youthline: 0345 634 7650 www.b-eat.co.uk/	UK's leading charity supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape.
Aye Mind	www.ayemind.com/	Making a digital toolkit for all who work with young people too, to boost their ability to promote youth wellbeing
Young Scot	Call 0808 801 0338 www.youngscot.org/	It has information on a range of topics including mental health
7 Cups of Tea	www.7cupsoftea.com	An online emotional health and wellbeing service
LGBT Youth Scotland	Call us: 0131 555 3940 Text us: 07786 202 370 https://www.lgbtyouth.org.uk/ Email us: info@lgbtyouth.org.uk	Here to help support lesbian, gay, bisexual and transgender young people
SAMH	www.samh.org.uk/	SAMH is the Scottish Association for Mental Health. **SAMH** believe there is no health without mental health. We're here to provide help, information and support.

See Me	https://www.seemescotland.org/	See Me is Scotland's programme to tackle mental health stigma and discrimination
TESS: Text and Email Support Services	**Text: 0780 047 2908** www.selfinjurysupport.org.uk **follow links to email**	**For girls and young women affected by self-injury**