



## **Organisations and their websites which may be able to help you**

Childline	<a href="http://www.childline.org.uk/">www.childline.org.uk/</a>	
LGBT Youth Scotland	<a href="http://www.lgbtyouth.org.uk/">www.lgbtyouth.org.uk/</a>	
Breathing Space Scotland	<a href="http://www.breathingspace.scot/">www.breathingspace.scot/</a>	
Stem4	<a href="http://www.stem4.org.uk/">www.stem4.org.uk/</a>	Stemming teenage mental illness
Young minds	<a href="http://www.youngminds.org">www.youngminds.org</a>	Youth Depression
Head Meds	<a href="https://www.headmeds.org.uk/">https://www.headmeds.org.uk/</a>	Mental health medication
Mindfulness app	<a href="https://www.headspace.com/">https://www.headspace.com/</a>	
LifeSIGNS	<a href="http://www.lifesigns.org.uk/">http://www.lifesigns.org.uk/</a>	Self injury support
Self harm	<a href="https://www.selfharm.co.uk/">https://www.selfharm.co.uk/</a>	Online chat and support
The Mix	<a href="http://www.themix.org.uk/">http://www.themix.org.uk/</a>	Supporting 16-25 year olds with any challenge they might face
Dyslexia Scotland	<a href="https://www.dyslexiascotland.org.uk">https://www.dyslexiascotland.org.uk</a>	
Alzheimer Scotland	<a href="https://www.alzscot.org/">https://www.alzscot.org/</a>	
Young Carers	<a href="http://www.careinfoscotland.scot/topics/young-carers-and-young-adult-carers/">http://www.careinfoscotland.scot/topics/young-carers-and-young-adult-carers/</a>	
Youth Health Service	<a href="http://www.yhs-ng.co.uk/">http://www.yhs-ng.co.uk/</a>	
Scottish Assoc. for Mental health	<a href="https://www.samh.org.uk/">https://www.samh.org.uk/</a>	
Heads Together	<a href="http://www.headstogether.org.uk">www.headstogether.org.uk</a>	Mental health

See me

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

Mental health discrimination

Place 2 be

[www.place2be.org.uk](http://www.place2be.org.uk)

Mental health

Young Scot

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

Good general information on range of issues