

IT'S OKAY NOT TO BE OKAY

For mental health support + info, check out...

NHS 24

Provides urgent health advice

www.nhs24.scot

Call: 111

Mon - Thurs 6pm - 8am

Fri 6pm - Mon 8am

(24hr at weekends)

Breathing Space

Offer advice and support if you need someone to talk to

www.breathingspace.scot

Call: 0800 83 85 87

Mon - Thurs 6pm - 2am

Fri 6pm - Mon 6am

(24hrs at weekends)

Samaritans

Offer a 24-hour confidential support service

www.samaritans.org

Call: 116 123

Papyrus

Provide confidential support & advice to young people struggling with thoughts of suicide

www.papyrus-uk.org/

Call: 0800 068 41 41

YoungMinds

Information and advice on the issues young people with mental health problems face

www.youngminds.org.uk

For urgent help for young people contact the YoungMinds Crisis Messenger, available 24/7

Text: YM to 85258

Childline

Free helpline for young people to get support about anything they're worried about

Call: 0800 1111

Chat to a counsellor online

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

NHS Inform

Health and care information

www.nhsinform.scot

Elament

Mental health resources

www.elament.org.uk

In an emergency

call 999



**Stigma Free
Lanarkshire**