

## MENTAL HEALTH AND WELLBEING SERVICES AND SUPPORTS FOR FAMILIES, CHILDREN AND YOUNG PEOPLE

Service	Contact Details	Support
<b>TELEPHONE SUPPORT</b>		
<b>YOUTH HEALTH SERVICE</b>	All YHS venues are now temporarily closed and telephone only support will be available.  0141 451 2727	The Youth Health Service offers support to Young People aged 12-19 living in Glasgow facing a range of health issues. Young People can speak with a nurse, doctor, counsellor or youth worker.
<b>LIFELINK</b>	All lifelink venues are now temporarily closed and telephone and video support will be available.  0141 552 4434  <a href="http://www.lifelink.org.uk">www.lifelink.org.uk</a>	Lifelink Offer 1 to 1 counselling, mentoring, personal development, group work for YP aged 11 upwards. Referrals taken from anyone, including self referral.
<b>YOUTH COMMUNITY SUPPORT AGENCY</b>	Telephone number for referrals: 07842 792 843  Email address: <a href="mailto:enquiries@ycca.org.uk">enquiries@ycca.org.uk</a>	Offering telephone support and counselling to existing clients and their parents/ carers. Will also take referrals for new clients as long as they fit the criteria: <ul style="list-style-type: none"> <li>• Aged 10 – 25</li> <li>• BME background</li> </ul> More information available on their website:  <a href="http://www.ycca.org.uk">www.ycca.org.uk</a>
<b>SE YOUNG CARERS</b>	0141 423 0728  Email address: <a href="mailto:Dixon.carers@btconnect.com">Dixon.carers@btconnect.com</a>	Offering emotional support for existing carers and young carers via telephone. Will also take referrals for new clients. Self-referral available.  Further information and referral forms available at: <a href="http://www.yoursupportglasgow.org">www.yoursupportglasgow.org</a>
<b>SW GLASGOW CARERS CENTRE</b>	0141 882 4712  Email address: <a href="mailto:southwestcarers@gamh.org.uk">southwestcarers@gamh.org.uk</a>	Offering emotional support for existing carers and young carers via telephone. Will also take referrals for new clients. Self-referral available.  Further information and referral forms available at: <a href="http://www.yoursupportglasgow.org">www.yoursupportglasgow.org</a>

GAMH	<p>0141 425 4850</p> <p>Email address: spwsouth@gamh.org.uk</p>	<p>All face to face support suspended, except for most vulnerable in their Self Directed Support Service. All other clients being supported via telephone. Unfortunately, they are not taking any new referrals at the moment.</p> <p>More information on range of services usually available at: <a href="http://www.gamh.org.uk">www.gamh.org.uk</a></p>
RICHMOND HOPE	<p>0141 230 6123</p> <p>Referrals can also be made by email on <a href="mailto:glasgow@richmondshope.org.uk">glasgow@richmondshope.org.uk</a></p>	<p>Offering telephone support for existing clients.</p> <p>Will take new referrals but may put counselling on hold if possible until they can do face to face. They have a meeting scheduled for mid April to review all referrals and see where things are with the current situation. Their phone line is open for general advice and support around bereavement and for making referrals for counselling.</p>
PRINCE AND PRINCESS OF WALES HOSPICE	<p>0141 429 5599.</p>	<p>At the moment will take new referrals via telephone - triage system in place to determine suitability (under 21, living in South Glasgow or parts of East REN, family/ friend of someone with a life limiting condition (will likely include corona</p>
HOME START SOUTH GLASGOW	<p>Open to new referrals on a case by case basis.</p> <p>0141 570 8735 and 07745 608 788.</p> <p><a href="mailto:theteam@homestartglasgowsouth.org.uk">theteam@homestartglasgowsouth.org.uk</a></p> <p>More information available at: <a href="http://WWW.homestartglasgowsouth.org.uk">WWW.homestartglasgowsouth.org.uk</a></p>	<p>Offering phone support to existing clients (individual and group based) including telephone calls, video calls, WhatsApp groups.</p> <p>Providing video advice via their Facebook and Twitter pages (accessible to everyone) on various topics such a cooking.</p> <p><a href="https://m.facebook.com/HomeStarTGS">https://m.facebook.com/HomeStarTGS</a></p>
NHS LIVING LIFE	<p>0800 328 9655</p>	<p>Free telephone-based service for people feeling low, anxious or stressed (16+). Self help coaches and therapists, offering</p>

		<p>appointment based telephone support.</p> <p>Mon – Friday 1pm -9pm</p>
<b>BREATHING SPACE</b>	0800 838 587	<p>Free telephone-based service for people feeling low, anxious or stressed (16+).</p> <p>Mon – Thurs 6pm – 2am</p> <p>Friday 6pm – Monday 6am</p>
<b>CHILD LINE</b>	0800 11 11	<p>Offer free and confidential support on the phone, online and from other YP on message boards.</p>
<b>ANXIETY UK</b>	<p>03444 775774</p> <p>Also specific advice and support available around corona pandemic here:</p> <p><a href="https://www.anxietyuk.org.uk/corona-anxiety-support-resources">https://www.anxietyuk.org.uk/corona-anxiety-support-resources</a></p>	<p>During the coronavirus pandemic, Anxiety UK will be extending their helpline hours to provide additional support in the evenings until 10pm and over the weekend between 10am -8pm so that they can offer support to as many people as possible who need our help</p>
<b>SAMARITAN'S</b>	116 123	<p>Anyone any age can contact. Free and confidential support.</p> <p>24 hours</p>
<b>PARENTLINE</b>	<p>08000 28 22 33</p> <p><a href="http://www.children1st.org.uk/parentline">www.children1st.org.uk/parentline</a></p>	<p>Parentline for: calm, practical, advice; emotional support; space to talk.</p> <p>Mon – Friday 9am-9pm</p> <p>Sat-Sun 9am – 12 noon</p>
<b>NSPCC</b>	<p>0808 800 5000</p> <p><a href="https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/">https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/</a></p>	<p>If you're worried about a child or young person, you can contact the NSPCC helpline for support and advice for free on a range of topic</p>

### On Line Support

A resource by YP for YP to make better use of the internet to improve mental health. Digital resource including training, apps and resources on mental health.

<https://www.ayemind.com>

Information about anxiety in children and young people

<https://www.handsonscotland.co.uk/anxiety>

The NHS website contains links to many mental health helplines, and also includes information on your wellbeing, reducing stress and children and teen mental health;

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines>

The Healthier Minds website provides information and advice to parents and professionals about ways to support children and young people's wellbeing. There is also information about supporting your child and keeping them safe online

<https://blogs.glowscotland.org.uk/er/healthierminds>