

## Useful Contacts for Adults

Group Name	Telephone Number	Email
Advocacy Highland	01463 233460	<a href="http://www.advocacy-highland.org.uk">www.advocacy-highland.org.uk</a>
Childline	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
Samaritans	116 123	<a href="http://www.samaritans.org">www.samaritans.org</a>
Papyrus – Hopeline UK	0800 068 4141	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
Calm (support for men)	0800 58 58 58	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a>
Mind	0300 123 3393	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
Young Minds	0808 802 5544	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
See Me - Scotland	0141 530 1111	<a href="http://www.seemescotland.org">www.seemescotland.org</a>
Mikey's Line	Text – 07779 303 303	<a href="http://www.mikeyslines.co.uk">www.mikeyslines.co.uk</a>
Befrienders - Highland	01463 235675	<a href="http://www.befrienders.org">www.befrienders.org</a>
SAMH	0141 530 1000	<a href="http://www.samh.org.uk">www.samh.org.uk</a>
Breathing Space	0800 83 85 87	<a href="http://www.breathingspace.scot">www.breathingspace.scot</a>
7 Cups		<a href="http://www.7cups.com">www.7cups.com</a>
Mental Health Foundation	0141 572 0125	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
Young Minds – Parents Helpline	0808 802 5544	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
NHS Choices		<a href="http://www.nhs.uk">www.nhs.uk</a>
Rethink	07460 339303	<a href="http://www.rethink.org/services">www.rethink.org/services</a>
Music Minds Matter	0808 802 8008	<a href="http://www.musicmindsmatter.org.uk">www.musicmindsmatter.org.uk</a>
The Mix (support for young people)	0808 808 4994	<a href="http://www.themix.org.uk">www.themix.org.uk</a>
Stamp Out Suicide		<a href="http://www.stampoutsuicide.org.uk">www.stampoutsuicide.org.uk</a>
Choose Life – Suicide Prevention		<a href="http://www.suicide-prevention.org.uk">www.suicide-prevention.org.uk</a>
HUG – Spirit Advocacy	01463 719366	<a href="http://www.spiritadvocacy.org.uk">www.spiritadvocacy.org.uk</a>
CROCUS	01463 714568	<a href="http://www.crocusgroup.org.uk">www.crocusgroup.org.uk</a>
Scottish Waterways – Wellbeing Walks	01324 677809	<a href="http://www.scottishwaterwaystrust.org.uk">www.scottishwaterwaystrust.org.uk</a>
Serenity – BPD Support Group	0141 240 7790	<a href="http://www.scottishrecovery.net">www.scottishrecovery.net</a>

## Useful contacts for children and young people

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Childline	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
Samaritans	116 123	<a href="http://www.samaritans.org">www.samaritans.org</a>
Papyrus – Hopeline UK	0800 068 4141	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
Calm (support for men)	0800 58 58 58	<a href="http://www.thecalmzone.net">www.thecalmzone.net</a>
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See Me - Scotland	0141 530 1111	<a href="http://www.seemescotland.org">www.seemescotland.org</a>
SAMH	0141 530 1000	<a href="http://www.samh.org.uk">www.samh.org.uk</a>
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Mental Health Foundation	0141 572 0125	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
Young Minds – Parents Helpline	0808 802 5544	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
NHS Choices		<a href="http://www.nhs.uk">www.nhs.uk</a>
The Mix (support for young people)	0808 808 4994	<a href="http://www.themix.org.uk">www.themix.org.uk</a>
Choose Life – Suicide Prevention		<a href="http://www.suicide-prevention.org.uk">www.suicide-prevention.org.uk</a>
HUG – Spirit Advocacy - SPEAK	01463 719366	<a href="http://www.spiritadvocacy.org.uk">www.spiritadvocacy.org.uk</a>
CROCUS	01463 714568	<a href="http://www.crocusgroup.org.uk">www.crocusgroup.org.uk</a>
Scottish Waterways – Wellbeing Walks	01324 677809	<a href="http://www.scottishwaterwaystrust.org.uk">www.scottishwaterwaystrust.org.uk</a>