



@stmodansMH

Links for general support around Mental Wellbeing:

<https://nhsforthvalley.com/wp-content/uploads/2014/02/CAMHS-Self-Help-Resources.pdf>

<https://young.scot/campaigns/renfrewshire/health/mental-health-support> with live links to the following websites:

- Samaritans
- SAMH
- Young Minds
- Breathing Space
- Child Line
- Aye Mind
- See Me Scotland
- C.A.L.M

<https://www.bbc.co.uk/bitesize/tags/z7qg6v4/mental-health/1>

Mental Wellbeing Support specifically around Corona Virus:

<https://young.scot/campaigns/national/coronavirus>

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-and-your-mental-wellbeing>

<https://www.bbc.co.uk/news/health-51873799>

<https://www.bbc.co.uk/newsround/13865002>

Telephone support is available from:

Childline

- **Phone: 0800 1111** for children (24-hour helpline)
- <https://www.childline.org.uk/>

There are lots of other useful resources, websites and phone helplines, please keep an eye on our Twitter feed and we'll keep you updated too. @stmodansMH

The Samaritans

- Confidential support for people experiencing feelings of distress or despair.
- **Phone: 116 123** (free 24-hour helpline)
- www.samaritans.org.uk

YoungMinds

- Information on child and adolescent mental health. Services for parents and professionals.
- **Phone: Parents' helpline 0808 802 5544** (Monday to Friday, 9.30am to 4pm)
- www.youngminds.org.uk

CALM

- CALM is the Campaign Against Living Miserably, for men aged 15 to 35.
- **Phone: 0800 58 58 58** (daily, 5pm to midnight)
- www.thecalmzone.net