



talk to someone

THE WELLBEING SERVICE

FOR STIRLING'S CHILDREN AND YOUNG PEOPLE AGED 12 AND OVER

Feeling a bit worried about the changes currently happening is completely normal and understandable. We are a listening service that will be helping children and young people in Stirling talk about:

- COVID-19 related worries
- Coping with isolation and relationships
- Concerns about education and exams

Phone us on:
Monday, Wednesday or
Friday 1.30-4pm:
0800 015 3320

If you need to speak to someone urgently
please contact Childline: 0800 1111

For some online information that may help
[click here](#)