




### Lifelink Helpful Numbers and Apps

Information on helplines and apps to support Young People....

<p>Childline 0800 11 11 Childline.org.uk</p>	<p>You can contact childline about anything, from thinking about suicide to even ordering a pizza! If you don't want to talk on the phone, they have instant messaging with a counsellor and tons of tips online</p>
<p><b>Runaway helpline</b> 0808 800 7070 runawayhelpline.org.uk</p>	<p>You can contact here if you are thinking about running away, already run away, if you have been away and come back, if you are worried that someone else is going to run away or if they are being treated badly or abused.</p>
<p><b>LGBT Youth</b> 0131 555 3940 TXT 07786 202 370 lgbtyouth.org.uk</p>	<p>Here to help support lesbian, gay, bisexual and transgender young people. You can get in touch in a number of ways if you have a question, need advice or support, or are just looking for someone to talk to.</p>
<p><b>Samaritans</b> Call 08457 90 90 90 text 07725 90 90 90 samaritans.org jo@samaritans.org</p>	<p>They offer 24-hour confidential support service. If you don't want to call, they have a text and email service, that will get back to you as soon as possible.</p>
<p><b>Breathing Space</b> 0800 83 85 87 breathingspace.scot</p>	<p>They offer advice and support if you need someone to talk too</p>
<p><b>Seeme</b> Seemescotland.org itsokay.tv</p>	<p>Resources and information for young people by young people about talking about mental health</p>
<p><b>AyeMind</b></p>	<p>Website with some information of where to go for young people!</p>
<p><b>Buzzfeed</b> Buzzfeed.com</p>	<p>There is a lot of links and posts about mental health and tips on coping strategies</p>
<p><b>Boosterbuddy</b> </p>	<p>You check in with your buddy daily to wake them up through completing quests. It's got lots of information and tasks to help you when you are not feelings so good.</p>
<p><b>Mindshift</b> </p>	<p>An app to help with anxiety, with quick help skills and information to help cope with your anxiety</p>
<p><b>Peak</b> </p>	<p>A brain trainer app, but it is free and has different games to try each day which can be a very helpful distraction.</p>
<p><b>Moodtrackers</b> Moodtracker Diary:Mood tracker Diary-Mood tracker</p>	<p>There is a lot of mood trackers you can choose from so find one that suits you! Track how your mood is doing and look at the coping strategies!</p>
<p><b>Papyrus</b> papyrus-uk.org 0800 068 41 41</p>	<p>Prevention of Young Suicide, Hopeline free telephone support line if you need someone to talk to</p>
<p><b>B-eat</b></p>	<p>Eating disorders. Have a great youth services for those in recovery. Also support through online support across Scotland</p>