

## Young Persons Health and Wellbeing Support

### Information:

Support for dealing with suicidal thoughts: <http://young.scot/get-the-lowdown/articles/feeling-suicidal/>

Help and support for dealing with self-harm: <http://young.scot/get-the-lowdown/articles/help-and-support-for-dealing-with-self-harm/>

How to spot if someone is feeling down: <http://young.scot/information/mind/how-to-spot-if-someones-feeling-down/>

How to help others: <http://young.scot/get-the-lowdown/articles/how-to-help-others/>

How to talk about your feelings: <http://young.scot/get-the-lowdown/articles/talking-about-feelings/>

### Organisations that can help:

[Breathing Space](#) is there to speak to you if you are feeling sad or down, or need to talk about issues and problems in your life. You can call them free on 0800 83 85 87 (Monday to Thursday 6pm - 2am, Friday 6pm through to Monday 6am).

[Samaritans](#) provide emotional support, and are available 24 hours a day. You can call them on 116 123.

[PAPYRUS](#) is a voluntary organisation that supports teenagers and young adults who are feeling suicidal. You can call them on 0800 068 4141.

[ChildLine](#) is a free helpline for children and young people in the UK. You can call them on 0800 1111.

Losing someone through suicide: [Survivors of Bereavement by Suicide](#)  
They have a confidential helpline on 0844 561 6855 (9am to 9pm daily).

10 things people with depression want you to know:

<http://young.scot/information/mind/10-things-people-with-depression-want-you-to-know/>

