

National Support



Support service for children and young people (under 19 yrs). Phone, talk to someone online, send an email or post on the message boards.

www.childline.org.uk

0800 1111

Webchat via website

Referral - No

A 24-hour support service for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

www.samaritans.org

116 123

Jo@samaritans.org

Referral - No

SAMARITANS



A free, private phone line for anyone in Scotland (16+ yrs), feeling low, anxious or depressed.

www.breathingspace.scot

0800 838 587

Monday-Thursday 6pm to 2am

Weekend: Friday 6pm-Monday 6am

Referral - No

A free phone service offering therapy for anyone (16+ yrs) with low mood, depression or anxiety.

www.breathingspace.scot/living-life/

0800 328 9655 (Monday to Friday: 1pm - 9pm)

Referral - No



School Support

A private service where young people can chat to a counsellor to help manage personal and social issues in their life.

www.lifelink.org.uk

0141 552 4434

info@lifelink.org.uk

Referral - School referral only



Erskine Counselling is for children and young people (10+ yrs) having emotional and mental health issues.

www.crisiscounselling.co.uk

0141 812 8474

info@crisiscounselling.co.uk

Referral - School referral only



There are a range of other supports available from schools. Contact your Pastoral Care Team for more information.

Notes



Children and Young People's Community Mental Health Supports and Services



West
Dunbartonshire
Wellbeing

www.wdwellbeing.info

For children, young people and families to help support mental health and wellbeing



Online Support



Free, safe, private online support for young people living in West Dunbartonshire (16–24yrs). Run by trained staff and available 24 hours a day, every day.

🌐 www.togetherall.com

Referral - School referral or self-referral online.

A website of advice and information to help young people look after their mental health.

🌐 www.youngminds.org.uk

Referral - No



Tips, stories and information for children and young people, to help use social media and screen time positively.

🌐 www.mindyertime.scot

Referral - No



A website with positive digital information about mental health.

🌐 www.ayemind.com

Referral - No

Promotes positive mental health in teenagers and those who support them through pioneering mental health apps and a clinically-informed website.

🌐 www.stem4.org.uk

Referral - No



Offers positive mental health training audio programmes to lift your mood and recover from stress, anxiety and depression.

🌐 www.feelinggood.app/teens-download/

Referral - No

Local Supports and Services



Provides immediate support to people aged 14–24yrs (26yrs if care experienced) who are in emotional distress.

Referral - Through GP or schools

A local service for people (16+ yrs) who have common mental health difficulties such as depression, anxiety or stress, or bereavement and loss.

🌐 www.stepstones.org.uk

📞 0141 941 2929 speak to someone directly 9am-5pm

📞 07848 042 521

24-hour answer machine facility.

Referral - Self or Professional referral by phone or email.



Healing group work for children and young people (4–16 yrs) and their mothers who are experiencing domestic abuse.

🌐 www.cedarnetwork.org.uk

📞 0141 562 8870

Referral - Self or professional referral by phone.

Personal, private support and therapy for children and young people (8+ yrs) who have experienced rape, sexual assault or sexual abuse.

🌐 www.wdhscp.org.uk/mental-health-services-for-cyp-adults/counselling-support-for-women-children-and-young-people/

📞 0141 562 8800

Referral - Self or Professional referral by phone.



Support for young people (12–26 yrs) affected by someone else's alcohol or drug use.

🌐 www.sfad.org.uk

📞 08080 101 011 ✉ info@sfad.org.uk

Referral - Self-referral by phone or email

Support for children and young people (4–18 yrs) who have been bereaved.

🌐 www.richmondshope.org.uk

📞 0141 230 6123

✉ glasgow@richmondshope.org.uk

Referral - Self, family, or professional referral by phone or email.



A service which supports West Dunbartonshire residents seeking employment opportunities and provides assistance with benefits and debt issues, helps to access learning, gain qualifications and improve digital literacy.

🌐 www.west-dunbarton.gov.uk/jobs-and-training/working4u/

📞 01389 738 296 ✉ working4u@west-dunbarton.gov.uk

Referral - Self-referral by phone or email



A youth friendly space with activities in the local area, including support for young carers (10–25 yrs), peer mentoring for care experienced young people, Outreach Project (8–25 yrs), Intandem (age 8–14 yrs and on a Compulsory Supervision Order)

🌐 www.ysortit.com

📞 0141 941 3308 ✉ Info@ysortit.com

Referral - Self, family, professional referral by phone or email.

