

Online Support



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

www.togetherall.com

Referral - self or professional 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



Free compassionate support, live chat, resources, and information about self-harm.

www.selfharmnetworkscotland.org.uk

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 14–24 yrs (26 yrs 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 (8–18 yrs), mentoring for care experienced young people, Intandem (age 8–14 yrs and on a Compulsory Supervision Order or Formal Kinship Care) – a range of Youth Clubs, holiday programmes and groups for those aged (8–18 yrs) across West Dunbartonshire.

www.ysortit.com

0141 941 3308 Info@ysortit.com

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

