

# IT'S OKAY NOT TO BE OKAY

For mental health support + info, check out...

## **NHS 24**

Provides urgent health advice

**[www.nhs24.scot](http://www.nhs24.scot)**

**Call: 111**

Mon - Thurs 6pm - 8am

Fri 6pm - Mon 8am

(24hr at weekends)

## **Breathing Space**

Offer advice and support if you need someone to talk to

**[www.breathingspace.scot](http://www.breathingspace.scot)**

**Call: 0800 83 85 87**

Mon - Thurs 6pm - 2am

Fri 6pm - Mon 6am

(24hrs at weekends)

## **Samaritans**

Offer a 24-hour confidential support service

**[www.samaritans.org](http://www.samaritans.org)**

**Call: 116 123**

## **Papyrus**

Provide confidential support & advice to young people struggling with thoughts of suicide

**[www.papyrus-uk.org/](http://www.papyrus-uk.org/)**

**Call: 0800 068 41 41**

## **YoungMinds**

Information and advice on the issues young people with mental health problems face

**[www.youngminds.org.uk](http://www.youngminds.org.uk)**

For urgent help for young people contact the YoungMinds Crisis Messenger, available 24/7

**Text: YM to 85258**

## **Childline**

Free helpline for young people to get support about anything they're worried about

**Call: 0800 1111**

Chat to a counsellor online

**<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>**

## **NHS Inform**

Health and care information

**[www.nhsinform.scot](http://www.nhsinform.scot)**

## **Elament**

Mental health resources

**[www.elament.org.uk](http://www.elament.org.uk)**

**In an emergency**

**call 999**



**Stigma Free  
Lanarkshire**