

MENTAL HEALTH SIGNPOSTING MASC POLICY DOCUMENT

The mental health hub on the Scottish Swimming website has useful resources [HERE](#) and links. This area of the website is continually being updated. The following support sources are aimed generally at supporting young people.

GENERAL RESOURCES FOR MENTAL HEALTH SUPPORT			
Source of Support	Website	Description of Service/Who Aimed at	Email or contact number
Breathing Space	Breathing Space	Offers a free, confidential phone and web-based service for people in Scotland experiencing low mood, depression or anxiety	Tel: 0800 83 85 87
Childline	Childline	You can contact Childline about anything. Whatever your worry, it's better out than in. We're here to support you. There are lots of different ways to speak to a Childline counsellor or get support from other young people	T: 0800 1111
Children 1st	Children 1st	General information on a wide range of support available to Children & young people	
MIND	MIND	If you need non-urgent information about mental health support and services that may be available to you	Tel: 0300 123 3393 info@mind.org.uk
NHS 24 Mental Health Hub	NHS Inform	If you're feeling overwhelmed or need support you can call NHS 24 and select the Mental Health Hub option. The Mental Health Hub is open 24/7.	Tel: 111
Papyrus	Papyrus	Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact HOPELINEUK. We are open 9am–midnight every day.	T: 0800 068 4141
Parentline	PARENTLINE	Do you feel like you're at the end of your tether? Children 1st Parentline is here for you and your family.	Tel: 08000 28 22 33
Penumbra	www.penumbra.co.uk	Provides a wide range of mental health support services for adults and young people	
Samaritans	Samaritans	24-hour emotional support for anyone struggling to cope	Tel: 116 123
SAMH	SAMH	Whether you're seeking support, are looking for more information for you or someone you love, or if you just want to have chat about mental health, we're here to help	Tel: 0344 800 0550 info@samh.org.uk

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Scottish Recovery Network	www.scottishrecovery.net	Promotes and supports recovery from long-term mental health problems and wellness recovery action planning	
Shout	Shout	Shout is volunteer-run 24/7 crises text service, for anyone in crisis anytime, anywhere.	Text: 85258
Silvercloud	Wellbeing.silvercloudhealth.com/signup (use pin code Scotland2020)	self help programmes to give people the skills to deal with everyday issues that affect emotional health – programmes available for stress, sleep, resilience and covid-19 ongoing issues. You sign up anonymously and go at your own pace.	
Young minds	Young minds	Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.	
Young Scot	Young Scot	Selection of sources of support for Children & Young People	
SELF HARM SPECIFIC SUPPORT			
Alumina	www.selfharm.co.uk	provides self harm recovery, advice and support for young people including a free online 7 week course for young people struggling with self-harm.	
National Self Harm Network	www.nshn.co.uk	–a forum aimed to support individuals who self harm to reduce emotional distress and improve their quality of life, monitored 24/7	
Recover Your Life	www.recoveryourlife.com	Online self harm support community	
Self Injury Support	www.selfinjurysupport.org.uk	works to support girls and young women in emotional distress	
EATING DISORDER SPECIFIC SUPPORT			
BEAT	BEAT	Eating disorder charity who offer different support services depending on your age. Helplines are open 365 days a year from 9am-midnight during the week and 4pm-midnight on weekends and bank holidays	T 0808 801 0711 (U18) T: 808 801 0432 (18+)

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Eating Disorders Association	www.beatingdisorders.org.uk	Information and help on all aspects of eating disorders	
SUICIDE SPECIFIC SUPPORT			
The Calm Zone	www.thecalmzone.net	charity dedicated to preventing male suicide offering help, information and advice.	
ANXIETY AND DEPRESSION SPECIFIC SUPPORT			
Anxiety UK	Anxiety UK	Anxiety UK offers support, advice and information on a range of anxiety, stress and anxiety-based depression conditions.	T: 03444 775 774 Text: 07537 416905
DIPEX	www.healthtalk.org	watch, listen and read interviews with people who have personal experience of depression and find information on treatment and where to find support	
Hands On Scotland	www.handsonscotland.co.uk	a website for anyone working with or caring for children and young people. It provides practical information and tools to help respond to troubling behaviour (anxiety, panic attacks, eating problems, phobias, self harm, anger) and to help children flourish (confidence, optimism, emotional balance, resilience).	
Living Life To The Full	https://littf.com	A Scottish interactive site for depression and anxiety, where users can access cognitive behaviour therapy treatments online	
MoodJuice	www.moodjuice.scot.nhs.uk	Provides self-help resources, information and advice to those experiencing troublesome thoughts, feelings and actions. They also advise carers and professionals	
No Panic	www.nopanic.org.uk	Aids the relief and rehabilitation of people who experience anxiety disorders, and supports their families and carers	