

Mental Health Resources for Young People

Edspace is an information website for people experiencing mental health difficulties and for their family and friends. It includes fact sheets and information on local counselling services www.edspace.org.uk

The Junction Provides health-related services, education and support for 12-21 year olds in the Leith and NE Edinburgh area. www.the-junction.org Tel: 0131 553 0570 Text: 07758 348 850

HOT Health Opportunities Team www.health-opportunities.org.uk Provides support to young people to improve their social, emotional and sexual wellbeing. Drop ins at Portobello, Craigmillar and Gilmerton.

Other useful resources

Mood café Information resource promoting mental health with section for young people www.moodcafe.co.uk

Young Minds www.youngminds.org.uk support for young people about mental health & emotional wellbeing.

Childline <http://www.childline.org.uk> 0800 1111 A free confidential number where you can talk about anything that is worrying you. You can also talk to a counsellor on-line.

Kooth www.kooth.com Free safe anonymous on-line support and counselling for young people

Calm Harm www.calmharm.co.uk Great app to help manage the urge to self harm

Aye Mind Aims to improve the mental health and wellbeing of young people by making better use of internet, social media and mobile technologies. Lots of great resources. <http://ayemind.com/young-people-intro/>

Royal College of Psychiatrists Useful information for young people and their parents and carers about a wide variety of mental health issues <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

Stress and Anxiety in Teenagers <http://www.stressandanxietyinteenagers.com/textonly.htm>

On-line CBT (Cognitive Behavioural Therapy) courses and resources

Living Life to the Full for Young People www.lttfyp.com

MoodGYM <https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/moodgym/>

Moodjuice www.moodjuice.scot.nhs.uk

Struggling with drugs?

Young People Substance Use Service (YPSUS)

<https://www.edinburghadp.co.uk/information-advice-support/help-and-support-for-young-people/>

Partnership of Edinburgh agencies working with young people up to 21 who use drugs and alcohol. Provides advice and information, 121 support and treatment. Can self-refer on 0131 529 6700, e-mail ypsus@edinburgh.gov.uk or directly contact or drop-in to one of the agencies which include:

HOT, the Junction, CREW www.crew.scot, **ASUS**

If requiring treatment this can be provided by the NHS Lothian **Addiction Adolescent Substance Use Service (ASUS)** Can self-refer. 0131 529 6700 ASUS@nhslothian.scot.nhs.uk

EMERGENCY CONTACTS

Mental Health Assessment Service (MHAS) - Tel: 0131 537 6000

24 hr service offering face to face mental health assessment at RIE /REH

NHS 24 - Tel: 111 www.nhs24.scot

Edinburgh Crisis Centre for age 16 and above 0808 8010414 www.edinburghcrisiscentre.org.uk

Edinburgh Samaritans 0131 2219999 or 116 123 <https://www.samaritans.org/scotland/branches/edinburgh>

Childline 0800 111

Breathing Space 0800 838587 www.breathingspace.scot free confidential service for anyone suffering with low mood, depression or anxiety (Mon-Thurs 6pm-2am and 24hrs at weekends Fri 6pm – Mon 6am)