

Supporting Wellbeing Website Links

Weblink	Support Offered
www.childline.org.uk	General
www.helplines.org/helplines/enquire-children-in-scotland	General
www.samaritans.org	Need to Talk
www.breathingspace.scot	Mental Health
www.samh.org.uk	Mental Health
www.mind.org.uk	Mental Health
www.thinkuknow.co.uk	Internet Safety
www.childnet.com	Internet Safety
www.reportharmfulcontent.com	Online Bullying
www.kooth.com	Emotional Counselling
www.xenzone.com	Emotional Counselling
www.nhs.uk	A-Z for health conditions
www.crew.scot	Drugs information and advice
www.youngminds.org.uk	Medication
www.insandouts.co.uk	Contraception
www.fpa.org.uk	Sexual Health
https://rapecrisis.org.uk/	Violence to women
www.eric.org.uk	Bowel and Bladder Charity
www.nationaleatingdisorders.org/	Eating Disorders
www.b-eat.co.uk	Eating Disorders