

List of Support Organisations

In a medical emergency call 999 or if you have an urgent mental health need out-of-hours call NHS 24 on 111 and choose the mental health option.

In a non-emergency situation you can contact your local GP. The organisations below also provide confidential advice, or can contact other services to help you.

- Breathing Space

A confidential out of office hours telephone line for people over 16 experiencing low mood, anxiety or depression. Phone: 0800 83 85 87 Visit: breathingspace.scot

- The Mix

Free, confidential support for young people under 25 via online, social and mobile. Phone: 0808 808 4994 Visit: www.themix.org.uk

- Shout

Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support. Text 85258 Visit: <https://giveusashout.org/>

- LGBT Youth Scotland

Local youth groups, digital support and online advice centre. Visit: www.lgbtyouth.org.uk/

- Citizen's Advice Scotland

Online advice, telephone helpline and local offices providing advice on things like benefits, housing, immigration, money, legal issues and health. Visit: www.citizensadvice.org.uk/scotland/

- Men Matter Scotland

A positive support network for men. Men Matter Scotland aims to support positive mental, physical and emotional health and wellbeing for men. Visit: www.menmatterscotland.org/

- Man On!

"Man On!" is a suicide prevention & wellbeing charity for the adults and young people of Inverclyde and beyond. Visit: www.manoninverclyde.co.uk/

