

1.9.6 Children and Young People

ChildLine is the UK's free, confidential helpline dedicated to children and young people. It is a private and confidential service for children and young people up to the age of nineteen and enables a child or young person to contact a trained counsellor for advice and information on any subject – no problem is considered too big or too small. Childline is formally part of the NSPCC.

t: 0800 1111 (helpline)

The Lowdown offers confidential advice and information about health related issues and the challenges teenagers face in contemporary society. All the information featured on the website is provided by Young Scot and the Scottish Government.

t: 0808 801 0338 e: infoline@young.scot

[The Mix](#) is a free confidential helpline for young people under 25 who need help and don't know where to turn. The service is available 365 days a year can be contacted via phone, webchat, email, text message or through an online directory (WebHelp 24/7). The service puts children and young people in contact with trained volunteers who can help them explore their issues, access emotional support and information about further specialist help.

t: 0808 808 4994

The National Society for the Protection of Cruelty to Children (NSPCC) is a charity dedicated to ending child cruelty in the UK. It lobbies the government on issues relating to child welfare and creates public campaigns with the intention of raising awareness of child protection issues. It believes it can make a difference for children by defending their rights, listening to them and making them safe.

t: 0808 800 5000 e: help@nspcc.org.uk

Papyrus exists to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people with the skills to recognize and respond to suicidal behaviour. Papyrus runs a national helpline – including text and email services – staffed by a team of mental health professionals who provide advice to vulnerable young people and to those concerned about young people who may be at risk of suicide.

t: 0800 068 41 41 (helpline) or 01925 572 444 e: pat@papyrus-uk.org

Penumbra supports adults and young people in Scotland to move towards mental wellbeing. Our vision is of a society where people with mental health problems expect recovery and are accepted, supported and can access the resources to fulfill their potential.

t: 0131 0131 221 9607 e: enquiries@penumbra.org.uk

Talk To Frank is a website and helpline that provides information about drugs and the different options available for help and support. It provides friendly, confidential advice on drugs to young people and the helpline is open every day, 24 hours a day.

t: 0300 123 6600 (helpline) e: frank@talktofrank.com

[Voice Collective](#) is a London-wide project set up to support children and young people who hear voices, see visions or have other unusual sensory experiences. It

works in partnership with young people and youth organisations to improve the quality of information, advice and support available to them.
t: 020 7911 0822 e: info@voicecollective.co.uk

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. The organisation's campaigning and policy-influencing work is entirely based on young peoples' experiences. It provides expert knowledge to professionals, parents and young people through its Parents' Helpline, online resources, training and development, outreach work and publications.

t: 020 7089 5050 (general enquiries) or 0808 802 5544 (parent helpline) e: parents@youngminds.org.uk (for adults worried about a child) or enquiries@youngminds.org.uk (general enquiries)

Bipolar Scotland is not responsible for any of the information featured on external websites. If you have any unhelpful experiences using any of the sites listed here, please tell us at info@bipolarscotland.org.uk – and please also tell us about any good sites you encounter so we can add them to our list.