

PERIOD PRODUCTS (FREE): HIGHLAND

*Free period products are available to everyone who needs them. They can be accessed at community locations, through a home delivery service and are available to pupils in schools.

[https://www.highland.gov.uk/info/283/community life and leisure/1009/free period products](https://www.highland.gov.uk/info/283/community%20life%20and%20leisure/1009/free%20period%20products)

*Contact If you have any requests or comments regarding the free provision of period products in Highland, email period.products@highland.gov.uk

RAPE CRISIS SUPPORT

*Rape and Sexual Abuse Service Highland (RASASH) - 03330 066 909 (Mon/Wed/Fri 9.30am-12.30pm; Tues & Thurs 1.30pm—4.30pm). Text support : 07451 288 080 email: support@rasash.org.uk

*Kooth

*Rape Crisis Scotland - 08088 01 03 02 (Phone free any day 6pm—midnight) Text: 07537 410 027 (If no immediate reply, let them know when is a safe time to contact you)

SELF-HARM

*Childline - 0800 1111

*Children's Health Scotland
<https://www.childrenshealthscotland.org>

*NHS Inform <https://www.nhsinform.scot/>

*Samaritans - 116 123 (calls are free and do not show on a phone bill)

*Kooth

SEXTING

*Childline - 0800 1111

*Kooth

SEXUAL HEALTH

*Rape and Sexual Abuse Service Highland (RASASH) - 03330 066 909 (Mon/Wed/Fri 9.30am till 12.30pm; Tues & Thurs 1.30pm till 4.30pm). Text support Service: 07451 288 080 Support email: support@rasash.org.uk

*Childline - 0800 1111

*Kooth

SMOKING AND VAPING SUPPORT

*Ash (Young people vaping and e cigarettes)
<https://www.ashscotland.org.uk/what-we-do/children-young-people-and-tobacco/young-people-and-vaping/>

*NHS Inform <https://www.nhsinform.scot/>

SOCIAL MEDIA

*Childline - 0800 1111

*Kooth

SUICIDE PREVENTION

*James Support group - 07563 572 471 (24 hour helpline)

*Samaritans - 116 123 (calls are free and do not show on a phone bill)

*Mikey's Line

*Ewen's Room

*Kooth

YOUNG CARER SUPPORT

*Barnardos www.barnardos.org.uk

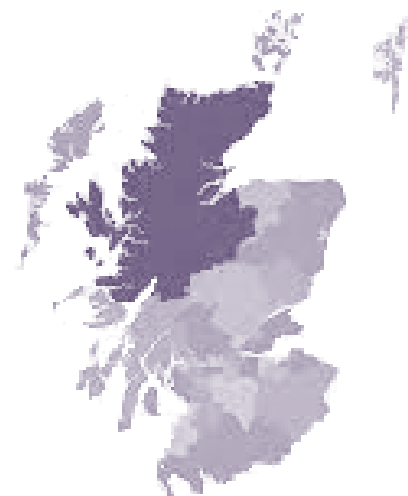
*Skye and Lochalsh Young Carers Family Support <https://www.slyc.org.uk> 01478 613617 and skye.lochalshcarers@gmail.com Providing support, respite and guidance to young people (under 18) who care for a family member. Referral can be made via the referral form found on their website or by a medical professional.

DIRECTORY OF SERVICES FOR YOUNG PEOPLE IN HIGHLAND COUNCIL



This leaflet contains contact details of:

- ◆ Emergency/urgent support
- ◆ Additional areas where young people may require help, support, additional information (this list is in alphabetical order)



When someone needs urgent help and support:

If you are concerned that you are, or if you feel that someone else is, in immediate danger call **999**.

If the crisis is not life-threatening but you are concerned for your own or somebody else's wellbeing, **advise them to call NHS 24 on 111** or speak to their doctor (GP).

Your GP surgery is the route into formal mental health services.

The following list details support offering confidential advice, support or information.

Please note that Ewen's Room, Mikey's Line and Kooth appear under a number of headings. These are the additional contact details and details of what they offer:

Ewen's Room - 0800 689 3317 (Weekdays 5pm - 10pm; Weekends 12 noon - 10pm)

Mikey's Line - 07786 207755 (Sunday to Thursday 6pm - 10pm, Friday to Saturday 7pm - 7am) Young People can email yp@mikeyslines.co.uk for an appointment

Kooth—<https://www.kooth.com> provide qualified counselors online 365 days a year. Monday to Friday, from midday until 10pm and weekend 6pm until 10pm.

ALCOHOL CONCERNS

- *NHS Inform (healthy living section) <https://www.nhsinform.scot/>
- *Drinkaware <https://www.drinkaware.co.uk>
- *Highland Alcohol and Drugs Partnership <https://www.highland-adp.org.uk>
- *Childline - 0800 1111 Chat Service <https://www.childline.org.uk>
- *Children's Health Scotland: <https://www.childrenshealthscotland.org>
- *Highland Youth Action Service: 01463 256603
- *Ewen's Room
- *Mikey's Line

ALISS (A Local Information System for Scotland)

- *Tel: 0141 404 0239
- *Email: hello@aliss.org
- *Website: <https://www.aliss.org>

ANXIETY

- *Mikey's Line
- *Breathing Space - 0800 838587 (Monday to Thursday 6pm - 2am; Friday 6pm to Monday 6am)
- *Children's Health Scotland <https://www.childrenshealthscotland.org>
- *Childline - 0800 1111
- *Ewen's Room
- *Kooth

AUTISM SUPPORT AND ADVICE

- *Thriving Families - <https://www.thrivingfamilies.org.uk/home>
- *Sense Scotland Support 03003 309292
Email: info@www.sensescotland.org.uk

Sense Scotland works with everyone with communication support needs (deaf, blindness, sensory impairment, learning or physical disability).

BEREAVEMENT SUPPORT

- *Crocus <https://www.crocusgroup.org.uk>
- *CRUSE Bereavement Care Scotland - 0845 600 2227
- *Childline - 0800 1111
- *Highland Hospice <https://www.highlandhospice.org>
- *Ewen's Room
- *Kooth

BULLYING SUPPORT

- *Mikey's Line
- *Childline - 0800 1111

CANCER CARE AND SUPPORT

- *Teenage Cancer Trust - <https://www.teenagecancertrust.org>
02076 120370 (Monday-Friday 9am-5pm)
- *Maggies Highland Cancer Support, Raigmore Hospital
01463 706306, highlands@maggiescentres.org

CONTRACEPTIVE/EMERGENCY CONTRACEPTIVE SERVICES

- *Brook <https://www.brook.org.uk>
- *GP Surgery
- *Local Chemist
- *NHS <https://www.nhsinform.scot/>

COUNSELLING SUPPORT

- *Childline - 0800 1111
- *Ewen's Room
- *Kooth

DEPRESSION SUPPORT

- *Breathing Space - 0800 83 85 87 (Monday to Thursday 6pm - 2am; Friday 6pm to Monday 6am)
- *Kooth

- *Childline - 0800 1111

DIET/EATING DISORDERS SUPPORT

- *NHS Inform <https://www.nhsinform.scot/>
- *Kooth

DOMESTIC ABUSE SUPPORT

- *Childline - 0800 1111
- *Women's Aid (local branches online)
- *National Scottish Domestic Abuse Helpline -0800 027 1234

DRUG CONCERNS

- *Childline - 0800 1111
- *Highland Alcohol and Drugs Partnership
<https://www.highland-adp.org.uk>
- *NHS Inform <https://www.nhsinform.scot/>
- *Kooth

DYSLEXIA

<https://www.thrivingfamilies.org.uk/home>

EXAM STRESS

- *Samaritans: www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/exam-stress-coping-strategies/
- *Young Scot— <https://young.scot/get-informed/exam-stress-with-mental-health-foundation/>
- *Kooth

EXPLOITATION

- *Childline - 0800 1111

GENDER SUPPORT

- *Rape and Sexual Abuse Service Highland (RASASH) 03330 066909 (Mon/Wed/Fri 9.30am till 12.30pm; Tues-Thurs 1.30pm—4.30pm).
Text support Service: 07451 288 080
Email: support@rasash.org.uk

- *Childline - 0800 1111
- *Kooth

LGBT+ SUPPORT

- *Helpline Scotland 0300 123 2523

MENTAL HEALTH SUPPORT

- *Mikey's Line
- *Kooth
- *Childline - 0800 1111
- *NHS Inform <https://www.nhsinform.scot/>
- *Ewen's Room