

External Mental Health, Wellbeing and Crisis contacts

Whatever your worry, please remember you are never alone. D&A College's Student Services team has compiled this list of organisations who can offer advice and support . . .



Remember, you are not alone.
We are here to help.

Meet D&A College's Student Services team at:
<https://dundeeandangus.ac.uk/advice-support/student-support/student-services-team/>

Contact us at: support@dundeeandangus.ac.uk

Who to contact for further support

Bereavement, Loss and Grief

Cruse Bereavement Care

Open Monday - Friday 9.30am - 5pm,
with extended hours on Tuesday,
Wednesday and Thursday evenings
until 8pm.

 **0808 808 1677.**

Bullying

National Bullying Helpline

Open Monday - Friday 9am - 5pm.

 **0845 2255787.**

Debt

Citizens Advice

<https://www.citizensadvice.org.uk/scotland/> or see your local telephone directory.

National Debtline Scotland

 **0808 808 4000.**

Depression, Stress and Anxiety

Anxiety UK

National charity helping people
with anxiety.

 **03444 775 774.**

The Blurt Foundation

Increasing awareness and
understanding of depression and
providing dedicated support.

<https://www.blurtitout.org>

Breathing Space Scotland

A free and confidential phonenumber service for any individual who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to.

Open Monday - Thursday 6pm - 2am,
Friday 6pm - Monday 6am.

 **0800 83 85 87.**

Buddhify

A meditation and mindfulness app,
for use on the go. buddhify.com

CAM Crisis Messenger

Text service providing free 24/7 crisis support. **Text CAM to 85258.**

<https://www.camgrant.org.uk/>

Elefriends

A supportive online community to
listen, share and be heard.

<https://www.elefriends.org.uk/>

Head Meds

Giving young people general
information about mental health
medication which may have been
prescribed.

<https://youngminds.org.uk/>

OCD UK

The national charity run by and for
people with lived experience of OCD.

 **03332 127 703. 03332 127 890**

Papyrus

Preventing young suicide.

 **0800 068 41 41.**

SAMH

For Scotland's mental health.

Open Monday - Friday 9am - 6pm.

Tel. 0344 800 0550 or

email info@samh.org.uk

Shout

Get free 24/7 text support for
people in crisis.

Text Shout to 85258.

Support After Suicide Partnership

Supporting people who have been
bereaved or affected by suicide.


<https://supportaftersuicide.org.uk/>

The CALM Zone

Preventing male suicide. Open 5pm to midnight 365 days a year.

 0800 58 58 58.

The Samaritans

 116 123 (free) any time, day or night.

Feeling Strong

Dundee Youth Mental Health support
www.feelingstrong.co.uk

Penumbra

Angus Suicide Prevention and Support Service 08001357899 or email aspss@penumbra.org.uk
Contactable Mon to Fri 9 - 5pm.

Suicide?Help! App

Helpful free tool for people living in Tayside.

Domestic Abuse

Abused Men In Scotland

This is a national organisation working with men who have experienced or are experiencing domestic abuse.

Freephone 0808 800 0024.

Domestic Violence UK

A not-for-profit organisation set up to provide information, support and raise awareness on the issues of domestic and emotional abuse. Includes a free 24hr telephone counselling service.

 0808 2000 47.

Scottish Domestic Abuse 24hr Helpline

 0800 027 1234.

Drugs

Talk to Frank

National Drugs Helpline.

 0300 123 6600.

Eating Relationships

Anorexia and Bulimia Care

A national UK eating disorders organisation which offers ongoing care, emotional support, and practical guidance. Helpline open Monday - Friday, 9.30am - 5.30pm.

 03000 111213.

Beat

The UK's eating disorder charity. Call the helpline on 0808 801 0677 or the studentline on 0808 801 0811.
<https://www.beateatingdisorders.org.uk/>

Gambling

GamCare

Leading provider of information, advice, support and free counselling for the prevention and treatment of problem gambling.

 0808 8020 133.

Relationships

LGBT Helpline Scotland

Open Tuesdays and Wednesdays 12 noon to 9pm.

 0300 123 2523.

Madly in Love

A platform where young people can seek advice and share stories about how their mental health affects their romantic relationship.

<https://www.themix.org.uk/your-voices/campaigns/madly-in-love>

My Horrid Parent

A website offering advice on how to deal with a difficult parent, feel better and grow stronger.

<https://www.myhorridparent.com/>

Relationships Scotland

Tel. 0345 1192020.

<https://www.relationships-scotland.org.uk/>

The Spark

Counselling and relationship support.

📞 0808 802 2088.

Self-Harm

Calm Harm

An app which provides tasks to help resist or manage the urge to self-harm. <https://calmharm.co.uk/>

National Self-Harm Network

www.nshn.co.uk

NHS Direct

<https://www.nhs.uk/>

Dundee Penumbra

Self Harm service

For anyone age 16 plus living anywhere in Scotland.

selfharm.dundee@penumbra.org.uk
or 01382 223487

Sexual Health and Wellbeing

Rape Crisis Scotland

📞 08088 010302.

Sexual Health Scotland

📞 0800 22 44 88.

British Pregnancy

Advisory Service

📞 03457 304030.

Brook Helpline

Confidential advice for under-25s.

<https://www.brook.org.uk/help-advice/>

OTHER ORGANISATIONS

Alcoholics Anonymous –

📞 0800 9177650.

Alzheimer's Scotland

24-hour Freephone Dementia

Helpline 📞 0808 808 3000.

Brain in Hand

Personalised autism support from your mobile phone, designed to reduce anxiety, help you feel safe and increase independence.

📞 01392 247 909.

<https://braininhand.co.uk/>

ChildLine

📞 0800 1111.

Combat Stress

For veterans' mental health.

📞 0800 138 1619.

Cool2Talk

An interactive website providing anonymous free health information for young people in Tayside.

<http://www.cool2talk.org/>

Families Outside

For families affected by

imprisonment. 📞 0800 254 0088.

Kooth

Provides free, safe and anonymous online support for young people, with access to counsellors during opening hours. There are also articles written by young people, and support from the Kooth Community.

<https://www.kooth.com/>

Parentline Scotland

<https://www.children1st.org.uk/help-for-families/parentline-scotland/>



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