



I've got a problem...



There are also lots of people outside of Beath that you could speak to:

- Childline 08001111 www.childline.org.uk
- Samaritans 116123 www.samaritans.org
- Mind Text 86463 www.mind.org.uk
- Teenage Cancer Trust 02076120370 www.teenagecancertrust.org
- Mermaids (trans charity) 08088010400 www.mermaidsuk.org.uk
- LGBT Youth Scotland 0131 5553940 www.lgbtyouth.org.uk
- SAMH (Mental Health) 0141 5301000 www.samh.org.uk
- Young Scot (Life Choices) 0808 8010338 <https://young.scot>
- My World of Work (careers) www.myworldofwork.co.uk
- DAPL (Drugs, alcohol and talking time) referral through your Guidance teacher