

### Web sites

Cool2Talk [www.cool2talk.org](http://www.cool2talk.org)

An interactive website where young people in Tayside can get health-related questions answered honestly and correctly. Anonymous and confidential. Signposting to appropriate services. Target audience 12 – 18 years.

Cruse Bereavement Care Scotland 0845 600 2227

[www.crusescotland.org.uk](http://www.crusescotland.org.uk)

e-mail: [support@crusescotland.org.uk](mailto:support@crusescotland.org.uk)

Cruse seeks to help anyone experiencing bereavement to understand their grief and cope with their loss.

Survivors of Bereavement by Suicide (SOBS) 0300 111 5065

National helpline 9am – 9pm <http://uk-sobs.org.uk>

### Information

[www.chooselife.net](http://www.chooselife.net) National suicide prevention programme. Information about SIREN (Suicide Information Research and Evidence Network)

[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

[www.seemescotland.org](http://www.seemescotland.org)

[www.thewellnessshop.co.uk/products/beatinqtheblues/](http://www.thewellnessshop.co.uk/products/beatinqtheblues/)

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

[www.livinglivetothefull.com](http://www.livinglivetothefull.com)

[www.thecalmzone.net](http://www.thecalmzone.net)

[www.depressioninteenagers.com](http://www.depressioninteenagers.com)

[www.doingwell.org.uk](http://www.doingwell.org.uk)

### Self harm resources

[www.selfharm.co.uk](http://www.selfharm.co.uk)

[www.cool2talk.org](http://www.cool2talk.org) (children/teenagers)

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[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk) (women only)  
text 07800472908

[www.ncpcc.org.uk](http://www.ncpcc.org.uk) (children/teenagers)

[www.childline.org.uk](http://www.childline.org.uk) (children/teenagers)

[www.youngminds.org.uk](http://www.youngminds.org.uk) (children/teenagers)

<http://www.handsonscotland.co.uk/>  
helpful information for all family members  
(children/teenagers)