

# IT'S OKAY NOT TO BE OKAY

For mental health support + info, check out...

## **NHS 24**

Provides urgent health advice

**[www.nhs24.scot](http://www.nhs24.scot)**

**Call: 111**

Mon - Thurs 6pm - 8am

Fri 6pm - Mon 8am

(24hr at weekends)

## **Breathing Space**

Offer advice & support if you need someone to talk to

**[www.breathingspace.scot](http://www.breathingspace.scot)**

**Call: 0800 83 85 87**

Mon - Thurs 6pm - 2am

Fri 6pm - Mon 6am

(24hrs at weekends)

## **Samaritans**

Offer a 24-hour confidential support service

**[www.samaritans.org](http://www.samaritans.org)**

**Call: 116 123**

## **YoungMinds Crisis Messenger**

Urgent help for young people, available 24/7

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

**Text: YM to 85258**

## **Well Informed (SAMH)**

### **NORTH LANARKSHIRE**

Provides mental health resources & info about support available locally

**[well-informed@samh.org.uk](mailto:well-informed@samh.org.uk)**

**Call: 0800 073 0918**

Mon - Fri 10am - 4pm

## **LAMH Info Line**

### **SOUTH LANARKSHIRE**

Provides mental health and well-being resources available locally

**[info@lamh.org.uk](mailto:info@lamh.org.uk)**

**Call: 0330 3000 133**

Mon - Fri 10am - 2pm

## **NHS Inform**

Health and care information

**[www.nhsinform.scot](http://www.nhsinform.scot)**

## **Elament**

Mental health resources

**[www.elament.org.uk](http://www.elament.org.uk)**

**In an emergency  
call 999**



**Stigma Free  
Lanarkshire**