

# SUPPORT INFO for YOUNG PEOPLE in Shetland

The current situation we are facing brings challenges for everyone. It can feel overwhelming and scary. You may be feeling lots of stresses and strains, dealing with school closure, learning from home, less interactions with friends and other supportive connections. We hope that this list provides some useful information and links that may help during this time.

**"Remember if you are worried about your own mental health or the mental health of someone you know, the best option would be to ask for help. This person could be a friend, a family member, an adult you trust, or even a professional.**

**A GP or Advanced Nurse Practitioner appointment is a good place to start."**

Information above taken from [www.mindyourhead.org.uk](http://www.mindyourhead.org.uk)

## LOCALSUPPORT

Advocacy Shetland	☎ 01595 743929 ✉ advocacy@shetland.gov.uk
Bruce Family Centre Services	📘 Please see Facebook page for useful links & information
Citizens Advice Bureau	☎ 01595 694696 ✉ sicab@shetland.org
Community Mental Health Team	☎ 01595 743006
Council Sections	<ul style="list-style-type: none"> <li>• Housing ☎ 01595 744360 Mon-Fri</li> <li>• Finance ☎ 01595 744626 Mon-Fri</li> <li>• Benefits ☎ 01595 744682 Mon-Fri</li> </ul>
ELC@shetland.gov.uk	📄 For single parents during lockdown. They are offering to drop off and supply: Nappies, wipes, body wash, toothpaste/toothbrush, or similar essential items.
Job Centre	<ul style="list-style-type: none"> <li>☎ New Benefit Claims: 0800 055 6688</li> <li>☎ Existing Benefit Claims: 0800 169 0310</li> <li>☎ Universal Credit: 0800 328 9344</li> </ul>
Mind Your Head	☎ 01595 745035 🏠 <a href="http://www.mindyourhead.org.uk/support">www.mindyourhead.org.uk/support</a>
OPEN Project	<ul style="list-style-type: none"> <li>📄 Peer mentoring, online support and youth information for young people aged 14-25.</li> <li>☎ 01595 745074</li> <li>📘 OPEN Peer Education Project 📷 open_project_11</li> </ul>
Shetland Befriending Scheme	<ul style="list-style-type: none"> <li>📄 Telephone service to help those who are socially isolated.</li> <li>☎ 01595 743907 Mon-Fri 9am - 5pm</li> <li>✉ lynn.tulloch@shetland.org</li> </ul>
Shetland Substance Misuse Recovery Service	☎ 01595 743006
Shetland Bereavement Support	✉ sbss@shetland.org
Shetland Rape Crisis	<ul style="list-style-type: none"> <li>📄 Support for anyone affected by sexual violence (age 13+)</li> <li>☎ 01595 747174 Mon-Thurs 9am-1.30pm</li> <li>✉ contact@shetlandrapecrisis.scot</li> </ul>
Shetland Women's Aid	<ul style="list-style-type: none"> <li>☎ 01595 602070 • 07867300565 • 07810796556</li> <li>✉ office@shetlandwa.org Mon-Fri 9am -12pm</li> </ul>
SIC Youth & Employability Services	📘 Please see Facebook page for useful links & information
Young Carer Support	<ul style="list-style-type: none"> <li>📄 Someone under 18 who helps look after someone with a disability, illness, mental health condition or substance use problem. If you care for someone in this way help is available to you</li> <li>☎ 01595 743980</li> <li>✉ carers@shetland.org 🏠 <a href="http://www.shetlandcarers.org">www.shetlandcarers.org</a></li> </ul>

## NATIONALSUPPORT

Aberlour Grants	📄 £150-200 for families in Scotland during lockdown 🏠 <a href="http://www.aberlour.org.uk/urgentassistancefund/">www.aberlour.org.uk/urgentassistancefund/</a>
Breathing Space	<ul style="list-style-type: none"> <li>📄 Free, confidential phone and web-based service for people in Scotland experiencing low mood, depression or anxiety.</li> <li>☎ 0800 83 85 87</li> </ul>
CAHMS Resources	<ul style="list-style-type: none"> <li>📄 Helpful resources from across the internet that are available to help support your mental health and wellbeing</li> <li>🏠 <a href="http://www.camhs-resources.co.uk">www.camhs-resources.co.uk</a></li> </ul>
Calm Harm	📄 Online app for help with self harm
Daylio	📄 Online app used for making a private diary without any writing
Employment Rights Advice	☎ 0300 123 1100 🏠 <a href="http://www.acas.org.uk">www.acas.org.uk</a>
Information For Young People	<ul style="list-style-type: none"> <li>📄 Info about Covid-19 and what to do if you feel anxious or worried</li> <li>🏠 <a href="http://www.young.scot/coronavirus">www.young.scot/coronavirus</a></li> </ul>
National Parent Forum of Scotland	🏠 <a href="http://www.npfs.org.uk/2020/03/19/activities-and-well-being-resources">www.npfs.org.uk/2020/03/19/activities-and-well-being-resources</a>
NHS 24	<ul style="list-style-type: none"> <li>📄 This service provides urgent health advice out of hours and can be anonymous if you wish. (Can be for crisis)</li> <li>☎ Call 111</li> </ul>
NSPCC	<ul style="list-style-type: none"> <li>📄 National Society for the Prevention of Cruelty to Children</li> <li>🏠 <a href="http://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents">www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents</a></li> </ul>
Samaritans	<ul style="list-style-type: none"> <li>📄 You can get in touch about anything that's troubling you, no matter how large or small the issue feels. (Can be for crisis)</li> <li>☎ Call free 116 123 24 hours a day ✉ jo@samaritans.org</li> </ul>
Sam	📄 Self-help for Anxiety Management. Online app for anxiety
Self Injury Support	🗨️ Text - 07537 432 444 Tue-Thurs 7pm-9.30pm
SSE Energy	<ul style="list-style-type: none"> <li>☎ 0345 0262658</li> <li>☎ Struggling With Energy Bills - 0808 808 2282 (Home Energy Scotland)</li> </ul>
Talk To Frank	<ul style="list-style-type: none"> <li>📄 Friendly, confidential drugs advice</li> <li>☎ 03001 236600 🗨️ Text - 82111 ✉ talktofrank.com</li> </ul>
The Mix	<ul style="list-style-type: none"> <li>📄 Support service for young people – free confidential helpline</li> <li>☎ 0808 808 4994 Mon-Sun - 4pm-11pm</li> <li>🏠 <a href="http://www.themix.org.uk/get-support">www.themix.org.uk/get-support</a></li> </ul>
What's Up	📄 Online app for dealing with anxiety, anger and stress
Who Cares? Scotland	<ul style="list-style-type: none"> <li>📄 Supporting care experienced people</li> <li>☎ 0141 226 4441 Mon-Fri - 10pm-6pm Sat-Sun - 10am-4pm</li> </ul>
Young Minds	<ul style="list-style-type: none"> <li>📄 Mental Health Support</li> <li>🏠 <a href="http://youngminds.org">youngminds.org</a></li> </ul>

## FOOD INFORMATION & SUPPORT

A named person will be a clear point of contact if a child, young person or their parents want information or advice, or if they want to talk about any worries and seek support. Your named person is still there if you, or someone who looks after you or helps you, want to contact them

**AGED 16 TO 18 WHO ARE NOT REGISTERED AT SCHOOL**  
Youth Services  
☎ 01595 744490

Brae Foodbank  
☎ 07796 807 265

Food for the Way  
☎ 01595 692874

Unst Fair Food Fund  
☎ 01957 711495  
✉ up@unst.org

British Red Cross  
(North Region Coordination Centre)  
☎ 01463 796624



**CARE EXPERIENCED AGED 16 TO 26 ON**  
ThroughCare / AfterCare team  
☎ 01595 745248

**HOME SCHOOLED** Homelink Teacher  
☎ 01595 745400

**SCHOOL** Pupil Support Teacher  
[http://www.shetland.gov.uk/education/schools\\_information.asp](http://www.shetland.gov.uk/education/schools_information.asp)



Emotional Wellbeing & Resilience