

Websites and useful information for Adults

National Contacts

Samaritans

Tel. 08457 90 90 90 (UK Helpline)
Web. <http://www.samaritans.org/>



Breathing Space

Tel. 0800 83 85 87 (Helpline)
(Mon-Thurs 6pm to 2am; Fri 6pm-Mon 6am)
Web. <http://breathingspace.scot/>



Stonewall

Advice on Homophobic Bullying
Web. www.stonewall.org.uk



Other Individual support for LGBT

[LGBT Health and Wellbeing](#) hotline on
Tuesdays and Wednesdays 0300 123 2523
Email. helpline@lgbthealth.org.uk
Web. <https://www.lgbthealth.org.uk/>

[Scottish Trans Alliance](#) support for Trans Gender
Web. <https://www.scottishtrans.org/>

Bullying UK

Tel. 0808 800 2222 (Helpline includes workplace bullying)
(Open 9am – 9pm, Mon-Fri & 10am–3pm Sat & Sun)
Web. <http://www.bullying.co.uk/>



Stop Bullying

Government Official Site
Web. www.stopbullying.gov

ACAS

Web. <http://www.acas.org.uk/index.aspx?articleid=1864>