

## Websites and useful information for Adults

### National Contacts

#### Samaritans

Tel. 116 123 (for free)

Web. <http://www.samaritans.org/>

Local: <https://www.samaritans.org/scotland/branches/shetland/>



#### Breathing Space

Tel. 0800 83 85 87 (Helpline)

(Mon-Thurs 6pm to 2am; Fri 6pm-Mon 6am)

Web. <https://breathingspace.scot/>



#### Stonewall

Advice on Homophobic Bullying

Web. [www.stonewall.org.uk](http://www.stonewall.org.uk)

#### Bullying UK

Tel. 0808 800 2222 (Helpline includes workplace bullying)

E Mail. [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

Web. <http://www.bullying.co.uk/>



#### Stop Bullying

Government Official Site

Web. [www.stopbullying.gov](http://www.stopbullying.gov)

#### ACAS

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