

Supports

Local Supports
<p>Cool2talk - (over 12 years of age) is a confidential place for young people to freely ask questions about things that are affecting them. Get a response within 24 hours. https://cool2talk.org/</p>
<p>CAMHS - Are a region wide service for children and young people up to aged 18 who are experiencing mental health difficulties. We offer assessment and treatment specific to individual need. CAMHS accepts referrals from all sources with the consent of the person being referred where age appropriate. CAMHS can be contacted Monday - Friday, 8.30am - 5pm by calling 01387 244662 or by emailing dumf-uhb.CAMHS-mail@nhs.net facebook.com/DGCAMHS</p>
<p>ISSU18 - is a region wide service for children and young people up to 18 years who are affected by problematic substance misuse, this can be either their own or a family member. https://www.sfad.org.uk/service/issu18-dumfries</p>
<p>School Nurse - School Nurse self referral number that can be used by young people, parents and carers is 07795291296 available Mon-Fri 9am-5pm</p>
<p>LGBT - https://www.lgbtyouth.org.uk/yp-online-support</p>
Social Work Contact Centre – 030 33 33 3001
National Supports
<p>ChildLine - free and confidential help for young people in UK https://www.childline.org.uk/ or 0800 1111</p> <p>New from ChildLine - The Buddy Zone - mainly for primary aged pupils The Buddy Zone</p>
<p>CEOPS – If you worried about online sexual abuse or the way someone has been communicating with you online? Make a report to https://www.ceop.police.uk/safety-centre</p>