

Children & Young People Mental Health Services and Resources Directory

Whether you are a child or young person struggling with how you are feeling or a parent or carer worried about a child, you're not alone – there is support available.

The Directory is divided into services for North Lanarkshire and for South Lanarkshire – some services are available across both areas.



North Lanarkshire



South Lanarkshire

Each area has links to the following information:



Ways to help
your wellbeing



Medium Level
of Concern



High Level
of Concern

The directory also has links to information about:

- Websites and Helplines
- Online workshops



Websites and
Helplines



Online Workshops
Information

Children and young people's mental health services cover a wide range of mental health needs. The support available to you will depend on your own mental health needs and what support you want.

Services are usually for anyone under 18. If you are care experienced, you may be able to use some services up to the age of 25.

www.nhslanarkshire.scot.nhs.uk/childrens-services/mental-health-services-and-resources-directory

