

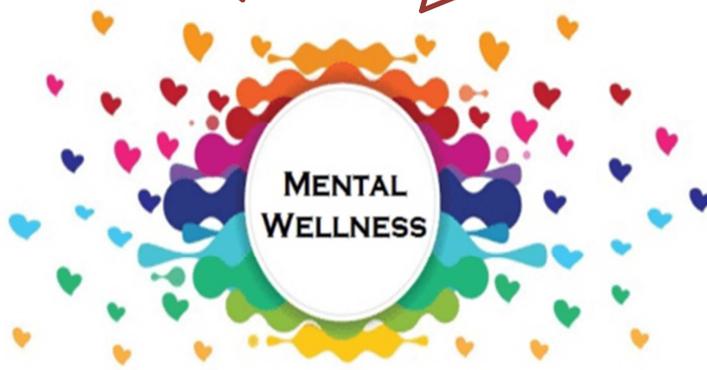
# NEWSLETTER

**SAMH**  
 Are you a  
 frontline  
 worker?  
 Free access to  
 immediate  
 mental health  
 support  
[samh.org.uk](http://samh.org.uk)

**SAMARITANS**  
[Samaritans.org](http://Samaritans.org)

**mind**  
[Mind.org.uk](http://Mind.org.uk)  
 Tel: 0300 123 3393

**togetherall**  
 Scottish Borders  
 Council free  
 anonymous  
 mental health  
 and wellbeing  
 online service.  
[togetherall.com](http://togetherall.com)



Mental health is the term for a person's emotional, psychological and social wellbeing. Poor mental health can affect anyone, with 1 in every 4 people in the UK affected by a mental health condition. It can be difficult to talk about and difficult to understand how you are feeling but there is help available to support you.

Call  
 Breathing  
 Space on  
 0800 83 85 87  
 to talk about what you're  
 going through

[Breathingspace.scot](http://Breathingspace.scot)

**kooth**  
 Online mental  
 wellbeing  
[Kooth.com](http://Kooth.com)

The NHS 24 Mental Health Hub is available 24 hours a day, 7 days a week, on 111.

## CHEVIOT YOUTH

Children • Families • Community

[www.cheviotyouth.org](http://www.cheviotyouth.org)

Their team of practitioners utilise a broad spectrum of approaches including play, counselling skills and cognitive behavioural techniques to work with a wide range of difficulties from general anxiety, disruptive behaviour and exam stress to self-harm, eating disorders and suicide.

Based at 5-7 High Street, Jedburgh, Cheviot Youth offer a range of services including educational, emotional wellbeing and mental health support provisions for children, young people and family members.

### Mental Health Apps

