

## **Contacts for Youth Counselling Across Scotland by Regional Health Authority (as of September 2017)**

### **Ayrshire and Arran**

<http://www.nhsaaa.net/media/143941/teenweb.pdf>  
<http://www.penumbra.org.uk/service-locations/west-area-services/ayrshire/>  
<https://advicefinder.turn2us.org.uk/Home/Details/8645>

### **Borders**

<http://www.penumbra.org.uk/service-locations/east-area-services/borders/youth-project-887/>

### **Dumfries and Galloway**

<https://www.facebook.com/DGCAMHS>  
[http://www.nhsdg.scot.nhs.uk/Departments\\_and\\_Services/Sexual\\_Health/C2U\\_Drop\\_Ins\\_Youth\\_Clinics](http://www.nhsdg.scot.nhs.uk/Departments_and_Services/Sexual_Health/C2U_Drop_Ins_Youth_Clinics)

### **Fife**

<http://www.headroom4u.com/young-adult-services/young-people-12-19-years/> (£30 per hour)  
<https://www.fifedirect.org.uk/yphw/index.cfm?fuseaction=page.display&pageid=3A16A1AC-981A-678A-06F910843716030C&OrgID=6C1C3B1E-0F35-059A-730DDA613B064118>

### **Forth Valley**

<https://nhsforthvalley.com/wp-content/uploads/2014/02/CAMHS-Self-Help-Resources.pdf>  
<https://kooth.com/>  
<https://youngminds.org.uk/what-we-do/our-projects/>

### **Grampian**

<http://www.mha.uk.net/services/youth/index.php>  
<http://www.calsayseat.co.uk/pages/teenhealth.aspx>

### **Greater Glasgow and Clyde**

<https://lifelink.org.uk/youth/>  
<http://www.crossreach.org.uk/>  
<https://www.thespark.org.uk/children-young-people/>

### **Highland**

<http://www.crossreach.org.uk/>  
<http://www.nhshighland.scot.nhs.uk/Services/Pages/CAMHS.aspx>  
(scroll to bottom for list of voluntary organizations)

#### Lanarkshire

<http://www.elament.org.uk/finding-a-service/lanarkshire-youth-counselling-service-lycs/>  
[http://www.southlanarkshire.gov.uk/info/200221/children\\_and\\_families/898/children\\_and\\_young\\_persons\\_counselling\\_service](http://www.southlanarkshire.gov.uk/info/200221/children_and_families/898/children_and_young_persons_counselling_service)

#### Lothian

<http://www.talktimeedinburgh.co.uk/>  
<http://the-junction.org/services/counselling/>  
<http://www.kindred-scotland.org/>  
<http://www.crossreach.org.uk/>

#### Orkney

<http://www.orkney-infonet.co.uk/html/data/Orkney/1880.html>  
<http://www.oacas.org.uk/pages/services/youth.php>  
<http://www.orkneycommunities.co.uk/RSO/index.asp?pageid=605337>

#### Shetland

<http://www.shb.scot.nhs.uk/community/documents/camhs-map.pdf>

#### Tayside

[http://www.pkc.gov.uk/media/22524/Mental-Health-Directory-of-Services/pdf/Mental\\_Health\\_Directory\\_of\\_Services\\_2017](http://www.pkc.gov.uk/media/22524/Mental-Health-Directory-of-Services/pdf/Mental_Health_Directory_of_Services_2017) (pp13-17)

#### Perth

<http://mindspacepk.com/counselling-service/young-peoples-service/>

#### Dundee

<http://www.insightcanhelp.co.uk/counselling/our-service/>

#### Western Isles/Eileanan Siar

<http://www.ohautism.org.uk/media/1168/camhs-patient-information-leaflets.pdf>

## **Local Carer Support Organizations with Counselling Options**

### **Aberdeen City**

Carers Centre Aberdeen

Counselling - YES

### **Aberdeenshire**

Quarriers

Counselling - NO

### **Angus**

Angus Carers Centre

Counselling - NO

### **Aygyll & Bute**

Dochars Carers Centre, Lochgilphead

Counselling - YES

Helensburgh and Lomond Carers Centre

Counselling - YES

North/Argyll - Oban Carers Centre

Counselling - YES

### **City of Edinburgh**

VOCAL

Counselling - YES

### **Clackmannanshire**

Falkirk & Clackmannanshire Carers Centre

Counselling - NO

### **Comhairle nan Eilean Sir**

No carers centre

### **Dumfries & Galloway**

Dumfries & Galloway Carers Centre

Counselling - YES

### **Dundee City**

Dundee Carers Centre

Counselling - YES

**East Ayrshire**

East Ayrshire Carers Centre

Counselling - NO

**East Dunbartonshire**

Carers Link

Counselling - YES

**East Lothian**

Carers of East Lothian

Counselling - through external referrals

**East Renfrewshire**

East Renfrewshire Carers Centre

Counselling - YES

**Falkirk**

Falkirk & Clackmannanshire Carers Centre

Counselling - NO

**Fife**

Fife Carers Centre

Counselling - NO

**Glasgow City**

Glasgow East End Community Carers

Counselling - AVAILABLE IN NEAR FUTURE

Greater South West Carers Centre

Counselling - through external referrals

Glasgow Dixon South East Carers Centre

Counselling - through external referrals

Glasgow West Carers Centre

Counselling - NO

Glasgow North East Carers Centre

Counselling - NO

**Highland**

Connecting Carers

Counselling - YES

**Inverclyde**

Inverclyde Carers Centre

Counselling - YES

**Lanarkshire Carers Centre**

Counselling - NO

North Lanarkshire

North Lanarkshire Carers Together

Counselling - NO

South Lanarkshire

South Lanarkshire Carers Network

Counselling - NO

**Midlothian**

Midlothian Carers Centre

Counselling - YES

**Moray**

Moray Carer Support Services

Counselling - YES

**North Ayrshire**

North Ayrshire Carers Centre

Counselling - NO

**Orkney**

Orkney Carers Centre

Counselling - NO

**Perth & Kinross**

Perth & Kinross Carers Centre

Counselling - AVAILABLE IN NEAR FUTURE

**Renfrewshire**

Renfrewshire Carers Centre

Counselling - NO

**Scottish Borders**

Borders Carers Centre

Counselling - APPLYING FOR FUNDING

**Shetland**

Volunteer Action Shetland

Virtual Carers Centre & Support Services

Counselling - NO

**South Ayrshire**

South Ayrshire Carers Centre

Counselling - NO

**Stirling**

Stirling Carers Centre

Counselling - NO

**West Dunbartonshire**

West Dunbartonshire Carers Centre

Counselling - NO

**West Lothian**

Carers of West Lothian

Counselling - YES