



Portlethen Academy
Bruntland Road
Portlethen
Aberdeen AB12 4QL
Telephone 01224 782174
portlethen.aca@aberdeenshire.gov.uk
www.portlethenacademy.aberdeenshire.sch.uk

Portlethen Academy Resilience Support Information

If you need support from your Guidance teacher or another member of our Pupil Support Staff during the closure, please email the address below and someone will get back to you in a short space of time to provide support and help. portlethen.aca@aberdeenshire.gov.uk

The links below are useful websites if you need support. Many of them have helplines that you can telephone also.

WEBSITE ADDRESS	SUPPORT OFFERED
scotland@childline.org.uk	Support
thinkyouknow.co.uk	Internet Safety
www.childnet.com	Internet Safety
breathingspace.scot	Mental health
www.samh.org.uk/	Mental health
www.getconnected.org.uk	Support
www.mind.org.uk	Mental health
www.samaritans.org	Need to talk
www.youngminds.org.uk	Medication
www.headmeds.org.uk	Mental Health
www.reportharmfulcontent.com	On-line bullying
www.theinsandouts.co.uk	Contraception
www.fpa.org.uk	Sexual health
www.eric.org.uk	Bowel and bladder charity
www.nationaleatingdisorders.org.uk	Eating disorders
www.b-eat.co.uk	Eating disorders
www.menshealth.com	Eating disorders and body image for males
www.nhs.net	A-Z guide for all health conditions
www.crew.net	Drugs information and advice
support@rapecrisisScotland.org.uk	Violence to women
www.helplines.org/helplines/enquire-children-in-scotland	General support
www.kooth.com	Emotional counselling
www.xenzone.com	Emotional counselling