

Children and Young People

[ChildLine](#) - is the UK's free 24 hour counselling service for children and young people, available by phone on 0800 1111 and online. You can contact ChildLine about anything - no problem is too big or too small. If you're feeling worried, scared, stressed or just want to talk to someone you can contact ChildLine. We're here to offer information and support whenever you need us.

[Choices for Life](#) - Choices for Life is aimed at teenagers, youth workers, teachers and parents in Scotland. Which gives reliable information on issues including drugs and alcohol.

[Fast Forward](#) - A national voluntary organisation based in Edinburgh. It promotes health through education by, with and for young people, focusing on the prevention of drug, alcohol and tobacco misuse.

[YouthlinkScotland](#) - Aims to support the development of high quality youth work services which promote the well-being and development of young people.