



# Wellbeing Line

A phone line for young people aged 16 to 25 who want to chat about the impact covid-19 has had on their lives.



Young people can call the Wellbeing Line and speak to someone about how they are feeling or chat about practical issues that are causing worry, anxiety or loneliness during this time.

The person you speak to will listen and offer practical support and suggestions that will help you better cope with social distancing and the current changes to our everyday lives.

## Who is it for?

Young people aged 16 to 25 who live in:

- Edinburgh
- Midlothian
- East Lothian
- West Lothian
- Scottish Borders

## How can I access the Wellbeing Line?

Call 0808 801 0614 for free

It's open 2pm to 6pm, Mondays, Thursdays, Fridays  
11am to 3pm Saturdays and Sundays

Find out more on our website and social media.

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)   

Please note that this service runs until 31 July 2020