

Place2Be school hours service & support:

- Alexia Gaitanou - School Project Manager.

You can get in touch with her on Monday & Tuesday all-day and Wednesday mornings.

0131 2298734, 07870548539 or email alexia.gaitanou@place2be.org.uk.

Place2Be out of school hours services & support:

- **ThinkNinja:**

A mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.

<https://www.healios.org.uk/services/thinkninja1>

- **Shout:**

A free 24-hour crisis text service. Place2Be schools and their students can text P2B to 85258.

<https://www.giveusashout.org/>

