Support services available in Scotland for young people who are or think that they might be LGBT.

For signposting purposes.

LGBT Youth Scotland: Youth groups
Use your postcode or location to find your nearest youth group
https://www.lgbtyouth.org.uk/groups-and-support/find-local-youthgroups/

LGBT Youth Scotland: Digital support service
Operates Monday, Wednesday & Thursday from 6pm - 8pm
https://www.lgbtyouth.org.uk/groups-and-support/digital-support/

LGBT Health and Wellbeing: LGBT Helpline Scotland
Confidential telephone line, Tuesday & Wednesday from 12pm - 9pm
0300 123 2523

Switchboard LGBT Helpline (UK)
Confidential telephone line, operates every day from 10am - 10pm
0330 330 0630

Childline: Telephone Helpline
Confidential freephone line with support counsellors
0800 11 11