

Links policy for www.lookokfeelcrap.org

We get a lot of link requests for our site and we have to consider carefully which links to include as we do not want the list to get too long. We have a very comprehensive links section on our main site www.dascot.org and do not wish to duplicate that on www.lookokfeelcrap.org.

We will therefore only add organisations to our links page, if the link meets one of the following criteria

- 1) is a local or national helpline in Scotland
- 2) is a national Scottish mental health organisation
- 3) is a national Scottish young adults organisation. We would particularly welcome links to local projects that support young adults' mental health and wellbeing.
- 4) is a UK organisation offering information and support to young adults
- 5) is a UK organisation offering information and support on an area of particular concern for young adults such as drugs, alcohol, self-harm.

We will under NO circumstances link to any site which appears to have any pro-suicide or pro-eating disorder content.

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