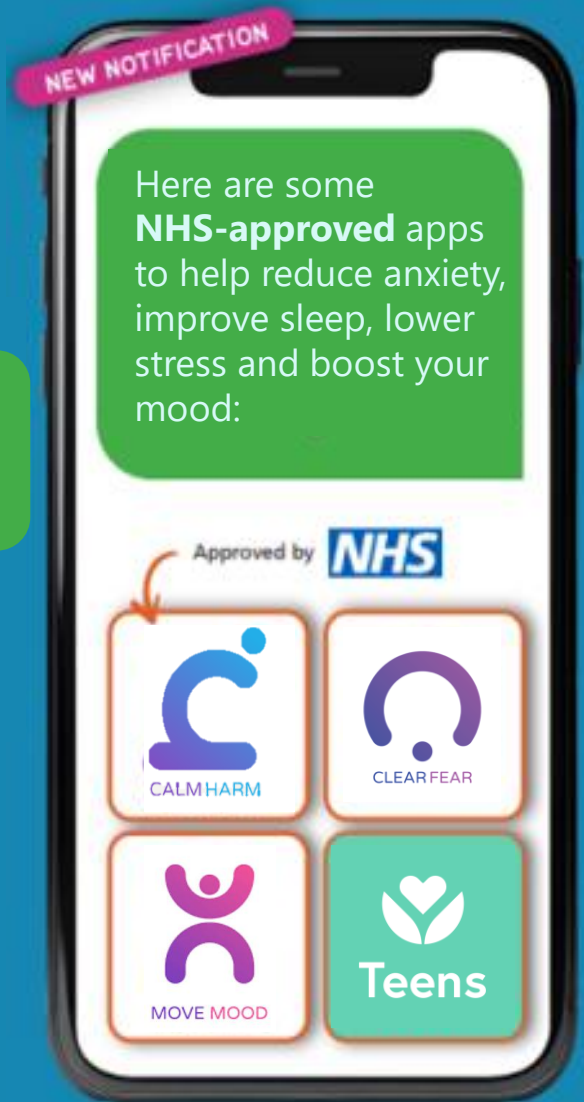


NEED HELP?

Look after your
mental health



Feeling like you can't cope and you are in crisis?
If you need to, speak to somebody.

Useful (free) numbers

SHOUT 24/7

Text SHOUT to 85258

CHILDLINE 24/7

Call: 0800 1111

CAMHS CONNECT 9am-7pm

Call: 0300 1111 022

SCHOOL NURSE Mon-Fri

Text: 07507 329 600

SAMARITANS 24/7

Call: 116 123

Email: jo@samaritans.org

CONFIDENTIAL

Free (local) Youth Counselling and Support Groups

REACH Mon-Sat

