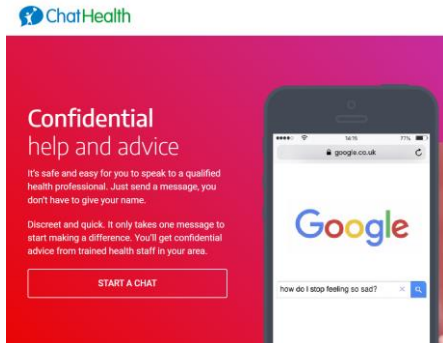


# NEED HELP?

## “CHAT HEALTH”



Need to talk? Whatever's on your mind, we can help. Even if you just need someone who understands or want advice for a friend.

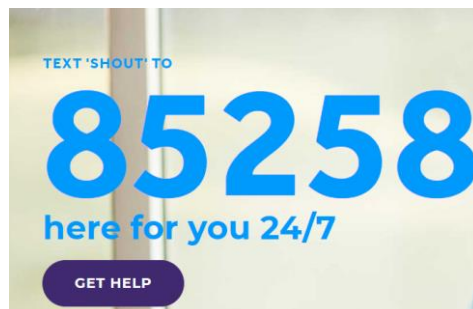
The teams we work with help lots of people like teenagers in schools and parents.

<https://chathealth.nhs.uk/>

## TRY TO HELP YOURSELF

IF YOU'RE  
STRUGGLING - TRY  
SOME OF THESE  
SELF-HELP SERVICES

## “SHOUT”



24 HOURS A  
DAY  
  
FREE  
  
CONFIDENTIAL

TALK TO US  
ANYTIME,  
ABOUT  
ANYTHING!

## “YOUNG MINDS”

**YOUNGmINDS**  
fighting for young people's mental health

NEED TO TALK ABOUT YOUR  
MENTAL HEALTH?  
  
VISIT OUR WEBSITE



## “BEAT EATING DISORDERS”

CONCERNED ABOUT YOUR  
EATING HABITS?

<https://www.beateatingdisorders.org.uk/>

## “THE SANDBOX”

A BUNCH OF STUFF TO HELP YOU WHEN YOU'RE FEELING SAD,  
THAT MIGHT MAKE YOU FEEL BETTER!

<https://sandbox.mindler.co.uk/>

FREE ONLINE SELF-HARM SUPPORT FOR 10-17  
YEAR OLDS

## “SELF-HARM WEBSITE”

<https://www.selfharm.co.uk/>