

Getting Help is Good

Tap on a logo to get more information!

Need to talk?

Free Phone/Chat Support

SAMARITANS

116 123



0800 58 58 58



0808 808 4994

childline

0800 1111

24/7 TEXT

In a crisis? Free 24/7 text support!



Text THEMIX
to 85258



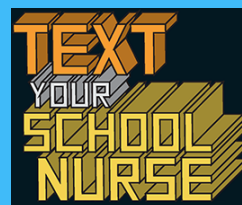
Text YM to
85258

HOPELINEUK

07860039967

shout
for support in a crisis

Text 85258



07507 332150

Self-Care

How can I manage my thoughts and feelings better?

What is **anxiety?**



Self-care

CALM ZONE

tootoot
make a noise

koeth

**MOOD
SPARK**



Believe in
children
Barnardo's

Try
out what
works for you.
If it works - do it! If it
doesn't - stop and try
something else!

I need support with...

an eating disorder



*I or someone I know
is thinking about
self-harm*



A loved one has died and I need help

hopeagain
young people
living after loss

**gr'ef
encounter**

StChristopher's