

Do you need mental health support?

There is support in our school/college for anyone wanting to discuss worries:

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Local support is available:

- ❖ Your GP
- ❖ Your local Child and Adolescent Mental Health Services (CAMHS)
- ❖ Hospital A&E in an emergency

The following national organisations also offer support:

- ❖ **The Mix** - confidential support for young people: www.themix.org.uk 0808 808 4994
- ❖ **Childline** - counselling service: www.childline.org.uk 0800 1111
- ❖ **Youth Wellbeing Directory** - find support services local to you: www.youthwellbeing.co.uk
- ❖ **On My Mind** - make informed choices about mental wellbeing: www.onmymind.info
- ❖ **AFC Crisis Messenger** -The AFC Crisis Messenger text services provides free, 24/7 crisis support for young people across the UK. Text AFC to 85258.



Anna Freud
National Centre for
Children and Families

