

Do you need support?

There is support for anyone wanting to discuss any worries:

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National help and support:

- ❖ **Education Support** : Provides mental health and wellbeing support services to all education staff and organisations <https://www.educationsupport.org.uk/>
- ❖ **Mental Health at Work:** Your first stop for better mental health at work <https://www.mentalhealthatwork.org.uk>
- ❖ **NHS Moodzone:** Whatever you need to know about coping with stress, anxiety or depression, or just the normal emotional ups and downs of life <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- ❖ **Samaritans:** Confidential support for people experiencing feelings of distress or despair www.samaritans.org.uk
- ❖ **Mental Health Foundation:** Provides information and support for anyone with mental health problems or learning disabilities www.mentalhealth.org.uk
- ❖ **Rethink Mental Illness (England only):** Support and advice for people living with mental illness 0300 5000 927
- ❖ **Action Mental Health (Northern Ireland only):** actively promotes the mental health and wellbeing of people in Northern Ireland <https://www.amh.org.uk/>



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