

# 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](http://www.themix.org.uk) 0808 808 4994
- ❖ **Childline** - counselling service: [www.childline.org.uk](http://www.childline.org.uk) 0800 1111
- ❖ **Youth Wellbeing Directory** - find support services local to you: [www.youthwellbeing.co.uk](http://www.youthwellbeing.co.uk)
- ❖ **On My Mind** - make informed choices about mental wellbeing: [www.onmymind.info](http://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.



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