



SUPPORT & HELP



PLACES YOU CAN GO TO FIND
OUT MORE OR ASK FOR HELP



MIND

MENTAL HEALTH CHARITY



BEAT EATING DISORDERS

SUPPORT FOR EATING DISORDERS

YOUNG MINDS

SUPPORT FOR YOUNG PEOPLE'S MENTAL HEALTH



SWIFT

TALKING THERAPY AND COUNSELLING

EVEN MORE
SUPPORT HERE



IF YOU ARE WORRIED ABOUT YOURSELF
OR SOMEONE ELSE
TALK TO A TRUSTED ADULT OR FRIEND
THERE IS ALWAYS HELP AVAILABLE
YOU ARE NOT ALONE

