



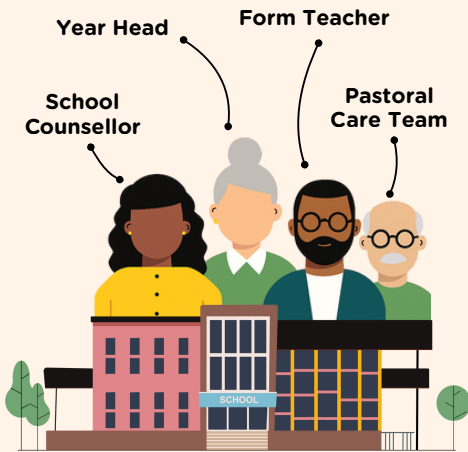
LOOKING AFTER YOUR MENTAL HEALTH

WHERE TO GET SUPPORT?

Inside School:

There is always someone to talk to about how you're feeling within school such as one of your teachers, your year head or form teacher, a school counsellor or a member of the pastoral care team.

It can be difficult to open up about how you're feeling, but remember they are there to support you! Sharing about how you feel can help them put plans in place to better support you and your learning.



Outside of School:

While there are lots of different organisations available to help us, it's important to remember some of the key ones which we can use.



Your GP:

They are not just there to help with your physical health. Your GP is the first point of contact if you are concerned or have worries about your mental health.

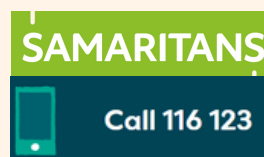
Need to talk to someone immediately?



Free 24/7 helpline when you feel that you or someone close to you is at risk of self-harm.



Free 24/7 helpline or visit their website for more information.



Free 24/7 helpline when you feel overwhelmed or in distress.



Free 24/7 text service for young people struggling with their mental health.



Free 24/7 helpline for young people struggling with suicidal thoughts.



Text 07888 868 059

Sidekick is a confidential helpline for young people in the UK.

Other useful websites?



Minding Your Head (website)



Here2Help (App for your mobile phone)



AWARE NI
aware-ni.org
(website)

For more resources and links to all the sources of help listed please scan the QR code below:

