

# NEED HELP?

Look after your  
mental health



**Feeling like you can't cope and you are in crisis?**  
If you need to speak to somebody.

Useful numbers free to contact:

CONFIDENTIAL

**SHOUT** 24/7

Text SHOUT to 85258

**CHILDLINE** 24/7

Call: 0800 1111

**CAMHS CONNECT** 9am - 7pm

Call: 0300 1111 022

**SCHOOL NURSE** Mon - Fri

Text: 07507 329 600

**SAMARITANS** 24/7

Call: 116 123

Email: jo@samaritans.org