

Your Mental Health Matters!

If you feel like you are struggling with your mental health there are a lot of people you can talk to that are listed below. It is important you do talk to someone so you can get the right help and support. If you are worried about a friend, you should also let someone know.

Adults at school:

Your form tutor / Your Senior Learning Mentor / Head of Year/Deputy Head of Year / The School Nurse / The SHARP system

Other adults:

Your GP / Your parents / Older siblings

PAUSE

A drop-in mental health service. Drop in and have a chat with someone about how you're feeling, or if you want to have a browse in our tech-space about things you might be worried about.

21 Digbeth, Birmingham, B5 6BJ.0300 300 0099

Papyrus - HOPElineUK

A confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide or anyone concerned a young person may be having thoughts of suicide.

www.papyrus-uk.org

0800 068 4141/Text 07786209697

pat@papyrus-uk.org

Childline

A private and confidential service for children and young people up to the age of 19. You can talk about anything -no problem is too big or too small.

www.childline.org.uk

0800 1111

MIND

Advice and support to empower anyone experiencing a mental health problem.

www.mind.org.uk

020 8519 2122

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