

Nobody understands?

Do you need to talk???

If something is getting you down, it really helps to talk to a family member, friend, someone you trust or someone at school

childline

ONLINE, ON THE PHONE, ANYTIME

www.childline.org.uk

0800 1111 (free)

YOUNGmINDS

www.youngminds.org.uk

Gloucestershire
Self Harm Helpline



www.gloucestershireselfharm.org

5pm-10pm daily

0808 801 0606 (free) Text 07537 410022



www.onyourmindglos.nhs.uk

SAMARITANS

www.samaritans.org

Phone 116 123

Text 07725 90 90 90

jo@samaritans.org