



**GROWING
TOGETHER**

**WE'RE TAKING PART IN
CHILDREN'S MENTAL
HEALTH WEEK**

childrensmentalhealthweek.org.uk

#ChildrensMentalHealthWeek

Where do I go for further support?



If you're worried about something, talk to an adult that you trust as soon as possible.

This could be:

- Someone in your family, like your mum, dad or carer
- Someone at school
- Your doctor



Shout (in partnership with Place2Be)

Text CONNECT to 85258

- Available: free, 24 hours a day
- More info: giveusashout.org



ONLINE, ON THE PHONE, ANYTIME

Childline

Call 0800 1111

[Chat online](#) (set up an account first)

[Send an email](#) (set up an account first)

- For: children and young people in the UK
- Available: free, 24 hours a day
- More info: childline.org.uk