

MENTAL HEALTH INFORMATION

- SHOUT- text AFC to 85258 anytime
- On my mind

Visit annafreud.org/on-my-mind/

- Catch it- makes sense of moods
- Mood tools- depression aid
- For Me! – Childline’s app
- Stay alive- suicidal thoughts
- MyInnerMe-an app for parents and children

WHERE CAN YOU GET HELP?

IN SCHOOL

- Your form tutor or a teacher you trust.
- Mrs Varney school counsellor- in school Mon/Tues/Thurs. Either drop in (room 46 opposite Mr Leigh’s room) or email c.varney@ewellcastle.co.uk

ONLINE

- Childline- call 0800 1111 anytime

LOCAL SUPPORT

- Your GP
- Epsom Haven which is a local drop-in centre. Look up www.cyphaven.net to find out when its open or call 0777 3008435.

APPS

- Headspace- stress relief
- Mindshift- anxiety aid

REMEMBER ITS OKAY TO ASK FOR HELP