

Don't keep things bottled up

A number to text

CHATHEALTH NURSE
07507 332 160

Apps to keep you going

STAYING ALIVE
MEMORY STAR
WELL MIND

Phone numbers for help

SAMARITANS
116 123
HOPELINE UK
0800 068 4141
CHILDLINE
0800 1111



Websites for info

THEMIX.ORG.UK
LIFESIGNS.ORG.UK
YOUNGMINDS.ORG.UK
YOUTH.ANXIETYBC.COM
HAMPSHIRECAMHS.NHS.UK



NHS
Hampshire Child and
Adolescent Mental Health Service

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