WHAT'S GOING ON IN YOUR WORLD?

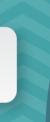


SELF **HARM** BULLYING

SOCIAL MEDIA



SEXUALITY





IMAGE

BODY

THE FUTURE

- CHATHEAUTH NURSE (TEXT) 07507 332 160
- SAMARITANS
- 116 123
 - HOPELINE UK 0800 068 4141
 - CHILDLINE 0800 1111

RELATIONSHIPS

OR YOU CAN VISIT THEMIX.ORG.UK YOUNGMINDS.ORG.UK HAMPSHIRECAMHS.NHS.UK



Hampshire Child and Adolescent Mental Health Service

NHS

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- STAYING ALIVE
- WELL MIND
- MEMORY STAR
- SAM
- INHAND