

WHAT'S GOING ON IN YOUR WORLD?

SELF HARM

BULLYING

SOCIAL MEDIA

BODY IMAGE

THE FUTURE

RELATIONSHIPS

SEXUALITY

ANXIETY



TRY CALLING

• CHATHEALTH NURSE
(TEXT) 07507 332 160

• SAMARITANS
116 123

• HOPELINE UK
0800 068 4141

• CHILDLINE
0800 1111

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

DOWNLOAD SOME
FREE APPS

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



NHS
Hampshire Child and
Adolescent Mental Health Service

Services provided by
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