Do you need mental health support?

There is support available for anyone wanting to discuss worries:

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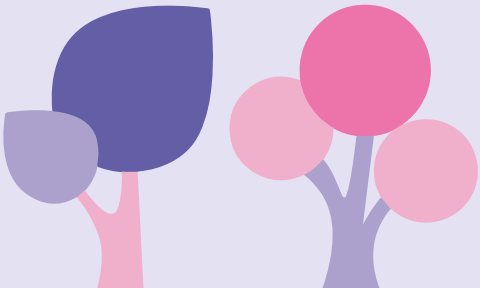
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National help and support:

- Education Support - Provides mental health and wellbeing support services to all education staff and organisations: **educationsupport.org.uk**
- Mental Health at Work - Your first stop for better mental health at work: **mentalhealthatwork.org.uk**
- Samaritans - Confidential support for people experiencing feelings of distress or despair: **samaritans.org**
- Mental Health Foundation - Provides information and support for anyone with mental health problems or learning disabilities: **mentalhealth.org.uk**
- Rethink Mental Illness - Support and advice for people living with mental illness: **rethink.org**



Anna Freud
building the mental wellbeing of the next generation