Do you need mental health support?

There is support available for anyone wanting to discuss worries:

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Local support is available from:

- your GP
- your local Child and Adolescent Mental health Services (CAMHS)
- hospital A&E in an emergency

National help and support:

- The Mix - confidential support for young people: **themix.org.uk & 0808 808 4994**
- Childline - counselling service: **childline.org.uk & 0800 1111**
- Anna Freud - children and young people's wellbeing resources: **annafreud.org/resources/children-and-young-peoples-wellbeing**
- Anna Freud Crisis Messenger - 24/7 text message support service for young people. **Text AFC to 85258.**

Anna Freud
building the mental wellbeing of the next generation

