

## Need help with your mental health?

If you are struggling with your mental health you can access many websites to help you. There are many websites with links listed below.

### Childline:



Childline is a free, safe and confidential service that helps children in need of support with their mental health. Childline is currently ran by NSPCC and there service is available 24 hours a day 7 days a week for anyone that may need help with their mental health.

### Young minds:



Young Minds currently provide a mentoring service for building self-esteem, building your confidence and also building resilience over time. Every now and again they host charity and fundraising events for people to donate to charities to help support young childrens mental health and wellbeing.

Website: [youngminds.org.uk](http://youngminds.org.uk)  
Phone number: 0808 802 5544



## Samaritans:



**SAMARITANS**

Samaritans are open all day and night if you need them, they are open to chat about your problems whenever. They will offer you skills and methods to cope with stress and anxiety.

You are currently able to text or call Samaritans 24 hours a day.

Phone number:

116 123

At Arts Education, Enola is our own school therapist. She is one of the main contacts in school if you are struggling with your mental health. There is a therapy room located in school. It is a small, private space that is peaceful where you can speak openly without interruptions. If Enola isn't available, there is a wider mental health team including teachers and teacher assistants.

