

If you are feeling like you can't cope,
there are people you can talk to:

Useful numbers free to contact:

CONFIDENTIAL

SHOUT 24/7

Text SHOUT to 85258

SCHOOL NURSE Mon - Fri

Text: 07507 329 600

CHILDLINE 24/7

Call: 0800 111

SAMARITANS 24/7

Call: 116 123

Email: jo@samaritans.org

CAMHS CONNECT 9am - 7pm

Call: 0300 111 022

COMFORT CARD

Giving you comfort in times of need

Here are some **NHS-approved** apps to help reduce anxiety, improve sleep, lower stress and boost your mood:



Approved by

NHS

Scan me:

