

Don't keep things bottled up

A number
to text

CHATHEALTH NURSE
07507 332 160

Apps to keep
you going

STAYING ALIVE
MEMORY STAR
WELL MIND

Phone numbers
for help

SAMARITANS
116 123
HOPELINE UK
0800 068 4141
CHILDLINE
0800 1111

Websites
for info

THEMIX.ORG.UK
LIFESIGNS.ORG.UK
YOUNGMINDS.ORG.UK
YOUTH.ANXIETYBC.COM



Hampshire Child and
Adolescent Mental Health Service

Services provided by
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