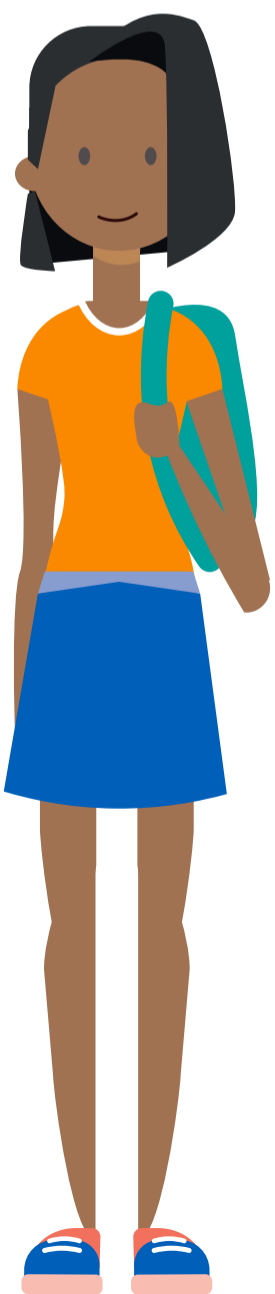


If you are...

- Feeling worried or anxious
- Having panic attacks
- Feeling down or depressed
- Feeling angry
- Having thoughts about harming yourself

The Mental Health Support Team is here to help.



Don't try to cope on your own – talk to a teacher or someone you can trust, who will be able to refer you to a practitioner from the **Mental Health Support Team**.

If you need urgent or emergency mental health support at any time, you can contact St Helens' 24/7 mental health crisis line on **0800 051 1508** (Freephone).

To find out more, visit:
www.nwbh.nhs.uk/mhst-sthelens