

Nobody understands?

Do you need to talk???

If something is getting you down, it really helps to talk to a family member, friend, someone you trust or someone at school or college....

Childline: 0800 1111
Youngminds: TEXT: YM to 85258
Gloucestershire Self Harm Helpline (5pm to 10pm daily):
Freephone:0808 801 0606
www.gloucestershireselfharm.org
TEXT:07537 410022
Samaritans: 116 123 Email: jo@samaritans.org
Glos NHS: <http://www.onyourmindglos.nhs.uk/>
Teens in Crisis: 01594 372777 TEXT: 07520 634063
2gether NHS Foundation Trust's crisis teams: (24 hours a day, 7 days a week)
<https://www.2gether.nhs.uk/crisis>
0800 1690392

Nobody understands?

Do you need to talk???

If something is getting you down, it really helps to talk to a family member, friend, someone you trust or someone at school or college....

Childline: 0800 1111
Youngminds: TEXT: YM to 85258
Gloucestershire Self Harm Helpline (5pm to 10pm daily):
Freephone:0808 801 0606
www.gloucestershireselfharm.org
TEXT:07537 410022
Samaritans: 116 123 Email: jo@samaritans.org
Glos NHS: <http://www.onyourmindglos.nhs.uk/>
Teens in Crisis: 01594 372777 TEXT: 07520 634063
2gether NHS Foundation Trust's crisis teams: (24 hours a day, 7 days a week)
<https://www.2gether.nhs.uk/crisis>
0800 1690392

Nobody understands?

Do you need to talk???

If something is getting you down, it really helps to talk to a family member, friend, someone you trust or someone at school or college....

Childline: 0800 1111
Youngminds: TEXT: YM to 85258
Gloucestershire Self Harm Helpline (5pm to 10pm daily):
Freephone:0808 801 0606
www.gloucestershireselfharm.org
TEXT:07537 410022
Samaritans: 116 123 Email: jo@samaritans.org
Glos NHS: <http://www.onyourmindglos.nhs.uk/>
Teens in Crisis: 01594 372777 TEXT: 07520 634063
2gether NHS Foundation Trust's crisis teams: (24 hours a day, 7 days a week)
<https://www.2gether.nhs.uk/crisis>
0800 1690392

Nobody understands?

Do you need to talk???

If something is getting you down, it really helps to talk to a family member, friend, someone you trust or someone at school or college....

Childline: 0800 1111
Youngminds: TEXT: YM to 85258
Gloucestershire Self Harm Helpline (5pm to 10pm daily):
Freephone:0808 801 0606
www.gloucestershireselfharm.org
TEXT:07537 410022
Samaritans: 116 123 Email: jo@samaritans.org
Glos NHS: <http://www.onyourmindglos.nhs.uk/>
Teens in Crisis: 01594 372777 TEXT: 07520 634063
2gether NHS Foundation Trust's crisis teams: (24 hours a day, 7 days a week)
<https://www.2gether.nhs.uk/crisis>
0800 1690392

Nobody understands?

Do you need to talk???

If something is getting you down, it really helps to talk to a family member, friend, someone you trust or someone at school or college....

Childline: 0800 1111
Youngminds: TEXT: YM to 85258
Gloucestershire Self Harm Helpline (5pm to 10pm daily):
Freephone:0808 801 0606
www.gloucestershireselfharm.org
TEXT:07537 410022
Samaritans: 116 123 Email: jo@samaritans.org
Glos NHS: <http://www.onyourmindglos.nhs.uk/>
Teens in Crisis: 01594 372777 TEXT: 07520 634063
2gether NHS Foundation Trust's crisis teams: (24 hours a day, 7 days a week)
<https://www.2gether.nhs.uk/crisis>
0800 1690392

Nobody understands?

Do you need to talk???

If something is getting you down, it really helps to talk to a family member, friend, someone you trust or someone at school or college....

Childline: 0800 1111
Youngminds: TEXT: YM to 85258
Gloucestershire Self Harm Helpline (5pm to 10pm daily):
Freephone:0808 801 0606
www.gloucestershireselfharm.org
TEXT:07537 410022
Samaritans: 116 123 Email: jo@samaritans.org
Glos NHS: <http://www.onyourmindglos.nhs.uk/>
Teens in Crisis: 01594 372777 TEXT: 07520 634063
2gether NHS Foundation Trust's crisis teams: (24 hours a day, 7 days a week)
<https://www.2gether.nhs.uk/crisis>
0800 1690392

Nobody understands?

Do you need to talk???

If something is getting you down, it really helps to talk to a family member, friend, someone you trust or someone at school or college....

Childline: 0800 1111
Youngminds: TEXT: YM to 85258
Gloucestershire Self Harm Helpline (5pm to 10pm daily):
Freephone:0808 801 0606
www.gloucestershireselfharm.org
TEXT:07537 410022
Samaritans: 116 123 Email: jo@samaritans.org
Glos NHS: <http://www.onyourmindglos.nhs.uk/>
Teens in Crisis: 01594 372777 TEXT: 07520 634063
2gether NHS Foundation Trust's crisis teams: (24 hours a day, 7 days a week)
<https://www.2gether.nhs.uk/crisis>
0800 1690392

Nobody understands?

Do you need to talk???

If something is getting you down, it really helps to talk to a family member, friend, someone you trust or someone at school or college....

Childline: 0800 1111
Youngminds: TEXT: YM to 85258
Gloucestershire Self Harm Helpline (5pm to 10pm daily):
Freephone:0808 801 0606
www.gloucestershireselfharm.org
TEXT:07537 410022
Samaritans: 116 123 Email: jo@samaritans.org
Glos NHS: <http://www.onyourmindglos.nhs.uk/>
Teens in Crisis: 01594 372777 TEXT: 07520 634063
2gether NHS Foundation Trust's crisis teams: (24 hours a day, 7 days a week)
<https://www.2gether.nhs.uk/crisis>
0800 1690392