

#BEE WELL



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Mental Health and Wellbeing Support

If you find yourself feeling anxious, stressed, or overwhelmed there's support out there for you.

Reach out to:



Your parent/guardian or a member of school staff



Childline: 0800 1111



Your doctor (GP)



Mind Infoline: 0300 123 3393

Crisis Lines in Greater Manchester:

Bolton, Manchester, Salford, and Trafford

0800 953 0285 (freephone)

Bury, Heywood, Middleton & Rochdale, Oldham, Stockport and Tameside & Glossop

0800 014 9995 (freephone)

Wigan

0800 051 3253 (freephone)

If there's an immediate risk of danger to life, you should ring 999

Free online support:

Shout – all ages

24/7 crisis text messaging service

Just text SHOUT to 85258

Kooth – children and young people age 11 to 18yrs

Online mental wellbeing community with free, anonymous support

www.kooth.com

