

SUPPORT



from

i-Reach

Are you...

Worried?

Feeling down?

Anxious?

OVERWHELMED?

Stressed out?

FEELING ANGRY?

Thinking about
hurting yourself?

You don't need to cope on your own- talk to a teacher or someone you can trust and feel comfortable with.

Your school can refer you onto their allocated practitioner from the Salford i-Reach team who are the schools' mental health support team.

If you need urgent or emergency mental health support at any time:

- You can contact Manchester's 24/7 mental health crisis line on 0800 953 0285 (Freephone)
- You can call 111 (or visit 111.nhs.uk).



NHS

Manchester University

NHS Foundation Trust

