



# IT'S OKAY TO ASK FOR HELP

You don't have to  
fight your battle  
alone. Talk !!

## STUDENT SUPPORT MENTAL HEALTH:

Young Minds: [youthaccess.org.uk](https://youthaccess.org.uk)

The Mix :

<https://www.themix.org.uk/mental-health>

Kids Inspire: <https://kidsinspire.org.uk/>



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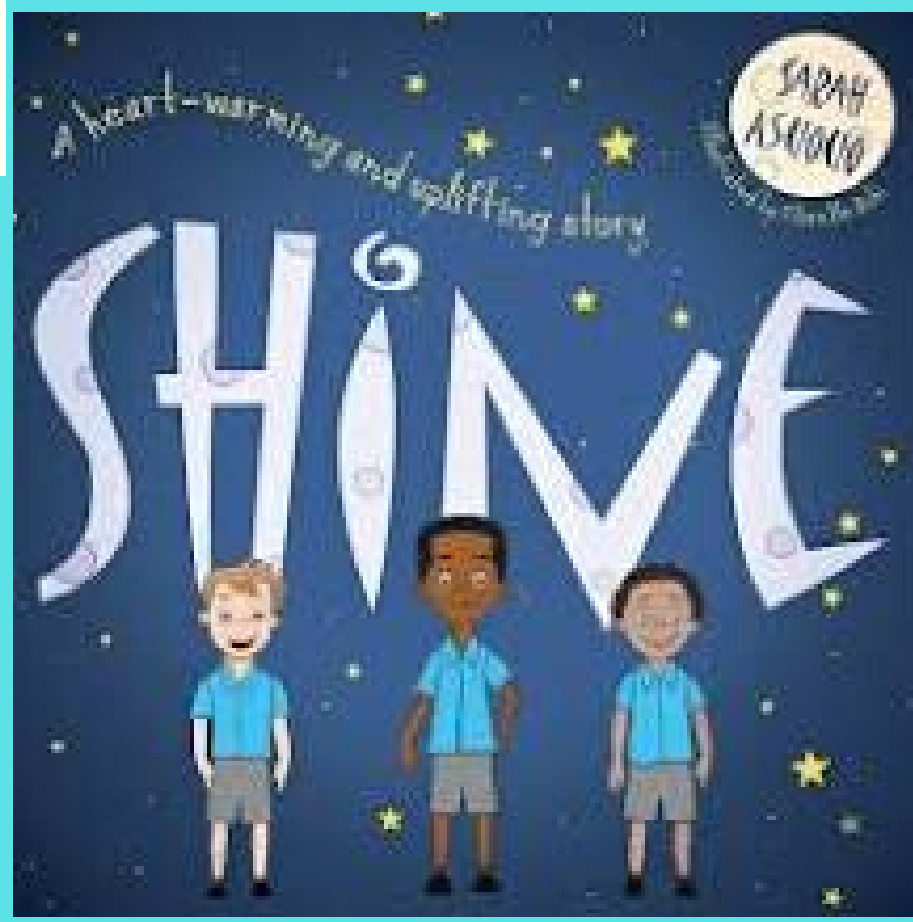
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## STUDENT SUPPORT EMERGENCIES:

**CHILD LINE: [CHILDLINE.ORG](http://CHILDLINE.ORG) OR 0800 1111**

**SAMARITANS: [SAMRAITANS.ORG](http://SAMRAITANS.ORG) OR 116123**  
**BOTH FREE 24/7**

**111 OUT OF HOURS NHS MEDICAL SUPPORT  
LINE**

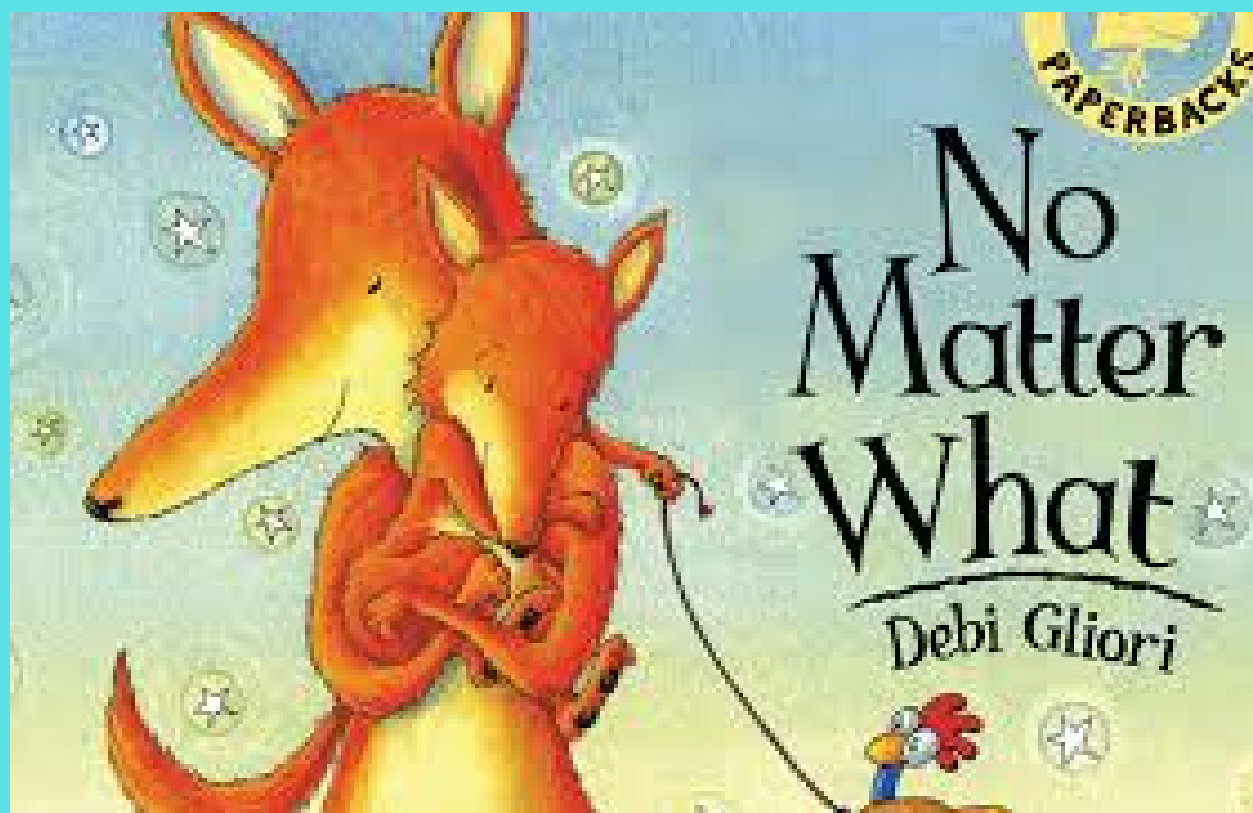


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**Did you know?**

- Yo-Yo is open to ages 4 to 18
- It's a completely free service
- It's not just for family members of our patients
- Last year we had 217 referrals
- Referrals can come from GPs, teachers, or family members
- It costs £509 a day to run our bereavement services
- Yo-Yo is part funded by Children in Need



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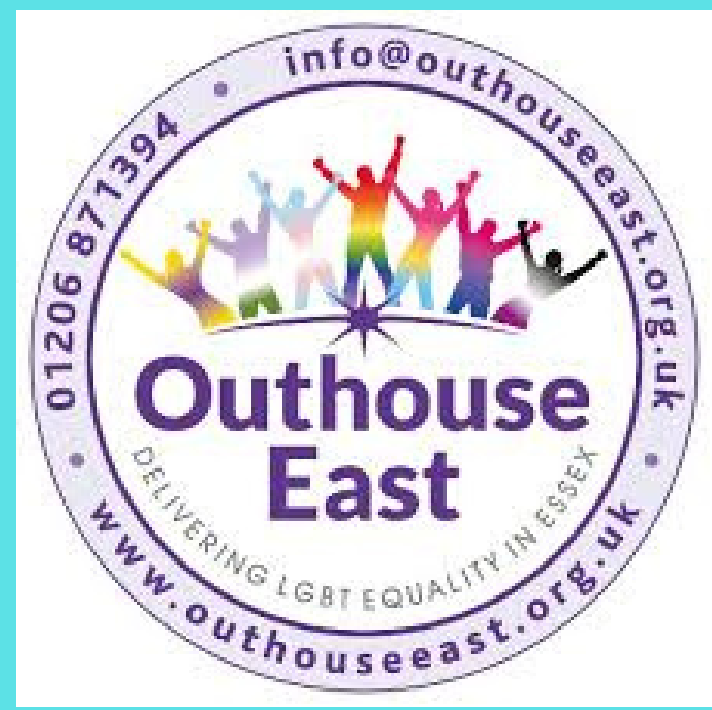
## STUDENT SUPPORT BEREAVEMENT:

YO-YO: 01245 455478 OR

<https://www.farleighhospice.org/advice-support/advice-line>

## STUDENT FRIENDLY BOOKS:

<https://www.littleparachutes.com/category/issues/death-bereavement/>



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## STUDENT SUPPORT LGBTQ+:

Outhouse East- Registered charity offering support to the lesbian, gay, bisexual and trans people in Essex.

Outreach Youth- Committed to enabling the LGBTQ+ to take a positive role in their community.



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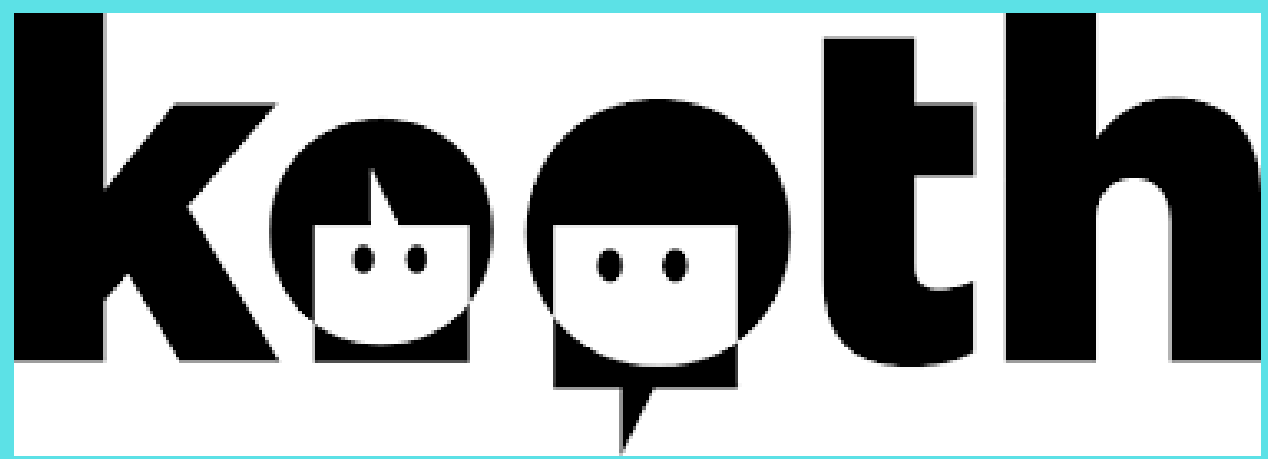
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**STUDENT SUPPORT ONLINE SAFETY:**

**BBC OWN IT APP:**

**App helps young people manage social media usage whilst empowering children to make smart choices online.**

**Please check the e safety area of the website for more information.**



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## STUDENT SUPPORT SELF HELP:

My Life App: Meditation and Mindfulness App- checks on feelings and provides short guides on meditation and managing Emotions.

**Kooth-** Provides free safe and annonymous support. You can tlak online to qualified counsellors and record how you feel.

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