



NOTTINGHAMSHIRE MENTAL HEALTH SUPPORT TEAM
 www.nottinghamshirehealthcare.nhs.uk
 /camhs-mental-health-support-teams
 FOR REFERRALS email: SPAREFERRALS@NOTTSHC.NHS.UK
 OR TELEPHONE 0115 8542299



Nottinghamshire Healthcare
 NHS Foundation Trust

why can't people just leave me alone

i don't fit in

I WANT TO

i can't get out of bed

I FEEL BROKEN

TALK

am i REALLY Say what they i am?

...BUT I DON'T KNOW...

WHERE

TO

Start

The thought of CHANGE makes me anxious

WHY am i so ANGRY?

i've been receiving HORRIBLE messages

i'm always TIRED

i feel like everyone has life sorted but me

i don't like MY BODY

i feel anxious all the time

i'm being bullied & feel small

NO ONE UNDERSTANDS ME

why am i sad all the time?

i don't want to feel like this

if you're STRUGGLING TO OPEN UP TO THOSE AROUND YOU, PLEASE GIVE ONE OF THE BELOW A TRY.

JUST PLEASE GET TALKING TO SOMEONE

- CHILDLINE childline.org.uk • PHONE 0800 1111 FOR 24/7 SUPPORT OR GO TO childline.org.uk FOR 1-2-1 ONLINE CHAT.
- MIND mind.org.uk
- EMERGING MINDS emergingminds.org.uk
- CHILDREN'S SOCIETY childrenssociety.org.uk
- YOUNGMINDS youngminds.org.uk • FREE 24/7 SUPPORT FROM YOUR PHONE. TEXT YM TO 85258.

APPS TO TRY Catch IT • CALM HARM • STRESS & ANXIETY COMPANION • THINK NINJA • THRIVE



SCAN ME

