

Speak Up, Silent Voices



Support Depression
LOW MOOD
Anxiety Panic
SELF HARM
eating disorders
MENTAL HEALTH
Teens
BIPOLAR
SCHIZOPHRENIA
Suicide
AWARENESS

WHERE TO GO FOR HELP



Talk to friends, family, teachers, youth workers or other adults who you can trust.

Speak to your doctor.

Young Minds
0808 802 5544
(Parent Helpline)
NHS choices
www.nhs.uk
Mind
0300 123 3393



In an emergency call 999 or present at A & E.