

Are you okay?

You may have been feeling stressed, worried, tired or low over the last few months.

Perhaps you're feeling isolated and missing your friends.

You are not alone – it could help to talk.



Warwickshire
County Council



Are you finding things hard right now?

It's okay not to feel okay, but we want you to feel safe. You do not need to struggle alone, help and support is available right now if you need it.

Speak to an adult you trust, or for urgent help call free on 08081 966798 or visit cwrise.com

Download the ThinkNinja app for self-help tips and support.

Text ChatHealth for confidential advice on 07507 331 525

If you have seriously harmed yourself, call 999 or ask someone to call 999 for you.

dearlife.org.uk

