



[inclusion]

Education

**WE ALL NEED HELP
WITH OUR MENTAL
HEALTH**

**IF EVER YOU NEED MORE
SUPPORT YOU CAN CONTACT:**

**Young Minds: Text 85258 or visit
www.youngminds.org.uk**

Samaritans: 116 123

Hopeline UK: 0800 068 4141

Childline: 0800 11 11

CALM: 0800 58 58 58

The Mix: 0800 808 4994

Kooth: visit www.kooth.com



MENTAL HEALTH FIRST AID KIT



Write down ideas of things you can do when you're struggling to cope. We've got lots of ideas of other places you can get support on the other side of this postcard.

Ways I can relax:

Things I can distract myself with:

Things that have made me feel good in the past: