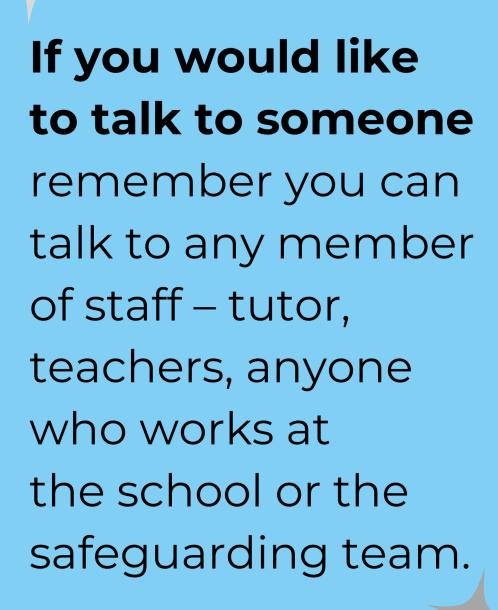
## 5 WAYS TO WELLBEING

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing.

Trying these things could help you feel more positive and able to get the most out of life.

- Learn new skills
- Connect with other people
- Pay attention to the present
- Give to others
- Be physically active









## Mental Health Support



## Free online support for young people www.kooth.com

The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people



The UK's free helpline for children an young people, providing a confidential counselling service for any child or young person with a problem www.childline.org.uk

#1 free app for sleep, anxiety and stress. The best meditation app with the world's largest FREE library of more than 200k guided meditations insighttimer.com



This helpline offers support, information and guidance to all those caring for a bereaved child or young person www.winstonswish.org

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse

www.talktofrank.com

The mental health charity. Here to make sure no one has to face a mental health problem alone. www.mind.org.uk

Refuge supports anyone experiencing domestic violence nationaldahelpline.org.uk

Are you feeling anxious, stressed, overwhelmed or in need of support?

**Text SHOUT 85258** 

For help around sex, the internet, relationships and online bullying.

thinkuknow.co.uk

Volunteers who listen in confidence to anyone in any type of emotional distress without judgement or telling people what to do

www.samaritans.org

