

Mental Health Awareness Week - Getting Support

One in six young people aged 5-16 were identified as having a probable mental health difficulty in July 2021. That's 5 people in every classroom. (YoungMinds)

You might notice you (or a friend) need mental health support if you:

- avoid certain situations
- stop caring about yourself, others or things you enjoy
- notice physical symptoms such as fast heart rate, feeling sick, shortness of breath or headaches
- experience friendship or relationship difficulties
- feel a lack of energy or motivation
- start sleeping too much or too little
- notice sudden weight or appetite change
- notice a drop in academic performance

THE MIX

Mindworks
Surrey

YOUNGMINDS

Click on one of the links above to find more information.

Make an account on Kooth.com for free, safe and anonymous support.



In a YoungMinds survey, 53% of young people said they didn't know how to access mental health support without going to their GP.

Speak to a member of staff in school about getting support.

Save a crisis number in your phone for if you or a friend ever need it:



Mindworks
Crisis Line:
0800 915 4644

Challenge!
Have a conversation about mental health with a friend.