

WORRIED ABOUT YOURSELF OR SOMEONE ELSE? HELP IS AVAILABLE

IN SCHOOLS

MENTAL HEALTH FIRST AIDERS

Offer support to a young person who is experiencing a mental health issue or emotional distress

LEARNING MENTORS

Ask your teacher for help

YOUR SCHOOL COUNSELLOR

Your school counsellors are here to talk with you

IN BARNET

BICS

If you're experiencing difficulties with your mental health, struggling with your emotions and social situations then call Barnet Integrated Clinical Services for a private chat

☎ **0208 359 3130**
(9am - 5pm)

YOUTH REALITIES

If you're experiencing abuse in a relationship and don't know who to turn to, Youth Realities can help

📍 **www.youthrealities.co.uk**
☎ **07551 022 824**
(11am - 7pm Mon - Fri)
@ **info@youthrealities.co.uk**

CHANGE GROW LIVE

Are you having problems with drugs or alcohol, or with your mental or sexual health? Get in touch for free and confidential advice

📍 **www.changegrowlive.org**
☎ **0300 303 2866**
@ **Barnet.Info@cgl.org.uk**

BARNET CAMHS CRISIS LINE

If you need urgent support for your mental health

☎ **020 8702 4040**

BROOK

Free and confidential sexual health advice

📍 **www.brook.org.uk/**

OTHER SUPPORT

KOOTH.COM

An anonymous and confidential online counselling and emotional support service for young people aged 12-24

📍 **Kooth.com**

PAPYRUS SUICIDE PREVENTION

Guidance for young people and those worried about a young person who are not coping with life

📍 **Papyrus-uk.org**
Open 9am-12am (midnight) every day of the year
☎ **0800 068 4141**

NHS YOUNG PEOPLES APP LIBRARY

Free to download mental health apps that offer a range of support

📍 **www.nhs.uk**



Scan for more information
www.barnet.gov.uk

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LONDON BOROUGH