

Looking for NHS advice on mental health for teenagers?

Find information, advice and support on mental health and emotional wellbeing on the Health for Teens website.



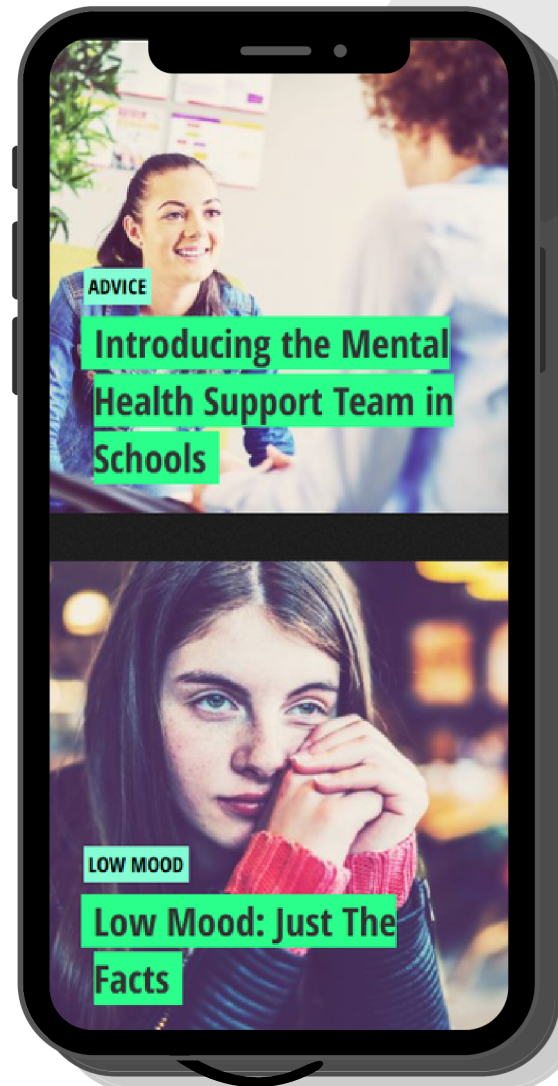
To be referred for mental health support, speak to your teacher or mental health lead.

Find more support at:

www.myselfreferral-llr.nhs.uk/
bit.ly/YouandYourMentalHealth

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