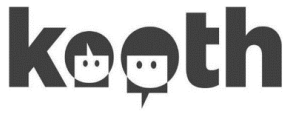


Mental Health and Well-Being Support

If you are suffering with Anxiety about Coronavirus: [click here](#)



<https://www.kooth.com>



www.themix.org.uk Helpline: 0808 808 4994



www.samaritans.org

Free Helpline: 116123 Email – jo@samaritans.org



www.youngminds.org.uk

If you need urgent help text YM to 85258.



[Mind](http://www.mind.org.uk)



School Nurse Text Service

Mental Health Apps:

<https://www.nhs.uk/apps-library/category/mental-health/>