

Getting Help

There is a lot we can do to help look after our mental health.

However, sometimes we struggle with the thoughts and feelings we are having. This is OK but it is very important to get the right help to feel better.

If you are struggling with your mental health:

- talk to someone you trust and if you are a child, talk to a trusted adult in your family or at school;



- talk to your doctor;



- call ChildLine on **0800 1111**;



- call **999** if you are in immediate danger.



Remember, however you are feeling, you are not alone and there are people who can help.



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