

what's worrying you?



How to
cope with
your feelings
and where
to get
support...

onyourmind.org.uk

Information and advice for
young people in Wiltshire



Express yourself

Tell someone about it

Eat healthily

For professionals...

Wiltshire Healthy Schools

www.wiltshirehealthyschools.org

Harmless tool

www.harmless.nhs.uk

Wiltshire Parent Carer Council

www.wiltshireparentcarercouncil.co.uk

MindEd

www.minded.org.uk

Find time for yourself

Do something you enjoy

Get creative

For children and young people...

Get a good night's sleep

Help someone else

Youngminds

www.youngminds.org.uk

Information and signposting to organisations that listen, plus online support.

Kooth

www.kooth.com

Real time help with friendly, qualified counsellors.

Oxford Health NHS Foundation Trust

www.oxfordhealth.nhs.uk/camhs/wiltshire

We support young people with emotional, behavioural and mental health difficulties.

Give someone a hug

Take some exercise

onyourmind.org.uk

Information and advice for young people in Wiltshire