

The Wyche CE Primary School

Sites and Resources to Support Good Mental Health

It's okay not to be okay. If you are finding life hard and can't see a way out, reach out, talk to someone. Sharing your troubles is the first step towards beating them.

Find out about mental health and get help

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

<https://www.kooth.com/>

<http://www.bridge-counselling-worcester.org.uk/>

<https://www.mentalhealth.org.uk/>

<https://www.mind.org.uk/>

Talk to someone in confidence

<https://www.childline.org.uk/>

<https://www.samaritans.org/>

Relax, mediate and be calm.

<https://www.headspace.com/>

<https://www.calm.com/>

Reflect or pray

<https://www.christianaid.org.uk/pray/daily-bible-readings>

<http://www.standrewsandallsaints.org/>