

WE ALL HAVE MENTAL HEALTH...



JUST TALK

We all have mental health, and life can sometimes be difficult. It shows strength to talk about mental health and to seek help when struggling to cope.

For some people this could mean talking to their friends and family. For other people they might want to talk to someone else. There are lots of services you can contact if you would like to talk to someone or would like to get help for someone you know.

FOR INFORMATION

Health for Teens is a website by the School Nurse Service for young people wanting information on a range of health topics: www.healthforteens.co.uk

YC Hertfordshire provides a website that brings together lots of information and advice for young people, as well as opportunities to get involved with local projects: www.youthconnexions-hertfordshire.org

YoungMinds: The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people: www.youngminds.org.uk

FOR SUPPORT

Kooth: Online confidential counselling service for young people. No personal details or real names. All the counsellors are trained: www.kooth.com

Chat Health You can text your health questions to a Hertfordshire based school health nurse: **07480 635050** (Monday to Friday, 9am to 5pm).

ChildLine: Offers free confidential counselling **0800 1111** (24 hours) or you can chat with a counsellor online

The Mix: The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile www.themix.org.uk

For more information visit:
healthyyoungmindsinherts.org.uk/justtalk

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