I’m feeling low and/or anxious. Who can help me?

At school...
- Teacher/teaching assistant
- Guidance teacher
- Head teacher/Depute head teacher
- School nurse
- Librarian
- School-based counsellor

At college or university...
- Lecturer
- Student counsellor
- Student Union
- Website advice and support

At the council...
- Social worker
- Youth worker

Voluntary help...
- National charities (e.g. Barnardo’s and Childline) including online and digital support
- Local charities

Someone I know through my hobbies and interests...
- Staff and volunteers in social groups e.g. youth clubs/religious groups/sports clubs

Online resources...
- Online self-help support groups
- Digital wellbeing tools (e.g. apps)

Support or treatments I need to pay for...
- Private psychologist or counsellor
- Private psychotherapist
- Herbal remedies bought from a shop/pharmacy
- Alternative therapies such as hypnotherapy or massage therapy

NHS help...
- Online/telephone
  - NHS Inform
  - Breathing Space
  - NHS 24
  - Moodjuice
- Face to face
  - Doctor
  - Nurse
  - Health visitor
  - Midwife