

# It's okay not to be okay...



Range of resources and topics on neurodiversity, mental health and wellbeing



Self-help resources and guides for children and young people aged 0-25



Local and national services and support



Advice for parents and carers

## We care and your mental health matters to us.

Scan the QR code to explore the range of resources available or visit the website below for help, advice and support.

### We are here for you.

Resources to help children and young people with their emotional and mental health.

[www.padlet.com/RaisingRochdale/MentalHealth](http://www.padlet.com/RaisingRochdale/MentalHealth)

**Heywood,  
Middleton  
& Rochdale**  
Integrated Care Partnership

  
RAISING ROCHDALE



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