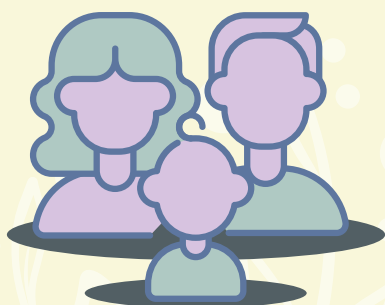


It's okay not to be okay...



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



Scan me