

GROWING TOGETHER



7th-13th February is
Mental Health Week
and the theme is
GROWING TOGETHER



Emotional growth is often a **gradual** process that happens over time and sometimes we might feel a bit **stuck**. At these times we are reminded of how much we need others in our lives to help us to keep **growing**.



If you feel stuck, you don't need to deal with it alone:

Kooth – Log in anonymously to [kooth.com](https://www.kooth.com). Kooth provides confidential online support for young people in crisis.

Childline – Phone [08001111](https://www.childline.gov.uk). Support for children and young people including a free helpline and 1-2-1 online chats with trained counsellors.

Shout – Young people can text 'Shout' to [85258](https://www.shout24.org) to access support for mental health.

HART – Werneth's Wellbeing Hub - *What can we help with?*

- Anxiety
- Low Self-Esteem
- Grief
- Self-Harm
- Suicidal Feelings
- Anger
- Support for LGBT+ students
- Support for Young Carers