

# Happy...



*Design by Cerys Edgson, age 14*

# on the outside

Worried, anxious, stressed or feeling low? We can help for free:

**Kooth (ages 10–25)**

Get anonymous advice from the message boards or direct message with a trained counsellor  
[kooth.com](https://www.kooth.com)

**ChatHealth (ages 11–19)**

Text a school nurse and get a reply within 24 hours  
**07480 635 227**

**HOPELINEUK (ages 0–35)**

If you need urgent help, call any time from 9am – midnight  
**0800 068 4141**

# Happy...



Design by Ceilys Edgson, age 14

# on the outside

Worried, anxious, stressed or feeling low? We can help for free:

**Kooth (ages 10–25)**

Get anonymous advice from the message boards or direct message with a trained counsellor  
[kooth.com](https://www.kooth.com)

**ChatHealth (ages 11–19)**

Text a school nurse and get a reply within 24 hours  
**07480 635 227**

**HOPELINEUK (ages 0–35)**

If you need urgent help, call any time from 9am – midnight  
**0800 068 4141**