



BARNSELEY MENTAL HEALTH SUPPORT TEAM



WORLD MENTAL HEALTH DAY

The 10th of October is World Mental Health Day. This year, the theme is 'Make mental health and wellbeing a global priority for all'.

Everyone comes from all different backgrounds, however we all have to take care of our mental health. You have a chance to use today to talk about your mental health and make it your priority. If you are struggling, you can get help and advice on how to take care of your mental health.



TO SHOW YOUR
SUPPORT GET
INVOLVED ON SOCIAL
MEDIA...

#PINITFORMENTALHEALTH
#COMPASSBEVALUED



01904 666371



INFO.BARNSELEYMHST@COMPASS-UK.ORG



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BARNSLEY MENTAL HEALTH SUPPORT TEAM



WORLD MENTAL HEALTH DAY

For help, support and information you can follow
the links below:

<https://www.youngminds.org.uk/>

<https://www.nhs.uk/mental-health/children-and-young-adults/>

<https://www.childline.org.uk/get-support/contacting-childline/>

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

Text 'SHOUT' to 85258



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