

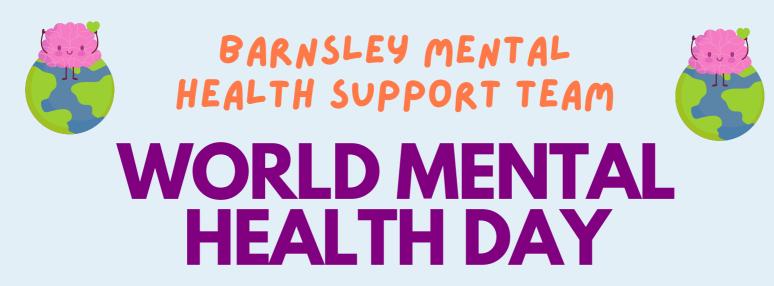
BARNSLEY MENTAL HEALTH SUPPORT TEAM WORLD MENTAL HEALTH BUPPORT TEAM

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.



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

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

https://www.nhs.uk/mental-health/children-and-youngadults/

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

https://www.mind.org.uk/information-support/for-childrenand-young-people/

Text 'SHOUT' to 85258



666371



INFO.BARNSLEYMHST@COMPASS-UK.ORG



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TO SHOW YOUR SUPPORT GET INVOLVED ON SOCIAL MEDIA,



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