

Your skin isn't paper

Don't cut it.

Your face isn't a mask

Don't cover it.

Your size isn't a book

Don't judge it.

Your life isn't a film

Don't end it.

YOU'RE BEAUTIFUL!

I need help.....

Explore and use the following phone numbers and websites for support and assistance

- Having a sad or bad day?
- Want someone to lift your mood?
- Feeling anxious, depressed or thinking about self-harm?
- Having relationship problems, worried about self-image or stressed over exams?
- Being bullied or worried about a friend?

These organisations can help – contact them

- www.childline.org.uk offers counselling on line or ring 0800 1111- 24hrs a day
- A helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill - down load their app to your phone, create your own log in
- www.kooth.com on line till 10pm
- www.themix.org.uk chat 1:1 0808 808 4994 open 11am-11pm
- www.youngminds.org.uk
- www.healthforteens.co.uk
- www.Samaritans.org operates a 24-hour service available every day of the year. If you prefer to write down how you're feeling, or if you're worried about being overheard on the phone, you can email Samaritans
- www.papyrus-uk.org is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.
- www.studentsagainstd Depression.org is a website for students who are depressed, have a low mood or are having suicidal thoughts.
- www.bullying.co.uk a website and help line to support with bullying issues and how to be resilient.