

# YOU ARE

# NOT

# ALONE

If you need to talk why not  
access your mental health  
support team in school?

If you're 13 and over you can access the  
Mental Health Support Team confidentially  
by completing a request for help.

Please use your camera on the QR code.



SCAN ME

EATING

Low Mood ANGER

STRESS

Relationships

Sleeping

Friendship ANXIETY

Bereavement

STRESS



 @MHSTAlliance

 @alliancepsychological

In a mental health emergency please call  
your local CRISIS CAMHS service:

0800 051 6171

**alliance**  
Psychological Services Ltd

  
NHS  
Tees, Esk and Wear Valleys  
NHS Foundation Trust