

**Are you feeling low, anxious, stress or depressed?**

**Not sure who to talk to or where to turn?**

Let us help you, follow our BGLC Mental Health Support Flow Chart and get the support you need. Everything is confidential except in cases where we become concerned about your safety.

Talk to your Parents/Carers/Tutor. Have a look at the Youth Wellbeing Team Classroom/Social Media  
Google classroom code: **x5yxemf**

Talk to your Parents/Carers/Tutor or the Post 16 Team

Fill out our Wellbeing Google referral form and we will do the rest.  
<https://forms.gle/DqZ9MzSYodkLXGdi6>

Insta: **BGLCyouthwellbeing**  
Twitter: **@BGLCwellbeing**  
[youthwellbeing@brookvalegroby.com](mailto:youthwellbeing@brookvalegroby.com)

Contact our P16 Wellbeing Ambassadors  
[wellbeingambassadors@brookvalegroby.com](mailto:wellbeingambassadors@brookvalegroby.com)  
[Post16@brookvalegroby.com](mailto:Post16@brookvalegroby.com)

We can signpost you to helpful websites, outside agencies and direct you to people to talk to.

Here are some links where you can get some support  
Kooth online community : [www.kooth.com](http://www.kooth.com) Young Minds: <https://youngminds.org.uk/>  
Let's Talk <https://www.nottinghamshirehealthcare.nhs.uk/leicestershire-county-and-rutland-service>  
Samaritans: [www.samaritans.org](http://www.samaritans.org) Childline: <https://www.childline.org.uk/>

**You are not alone, you can get help and support, take the first step.**