



# Where can I access support for how I am feeling?

**Anxious...?**

**YOUNGMINDS**  
fighting for young people's mental health

**The Children's Society**

**Low...?**

**HEAD START**  
NEWHAM

**Happy but just want some tips on how to stay healthy...?**

**NHS**

**Worried about a relationship/friendship...?**

**THE MIX**

**Worried about exams...?**

**YOUNGMINDS**  
fighting for young people's mental health

**Worried about social media...?**

**childline**

ONLINE, ON THE PHONE, ANYTIME

**Worried about a friend's mental health...?**

**YOUNGMINDS**  
fighting for young people's mental health

**Worried about your mental health...?**

**THE MIX**

**Unable to sleep...?**

**YOUNGMINDS**  
fighting for young people's mental health

**Worried about someone with additional issues...?**

**YOUNGMINDS**  
fighting for young people's mental health

**Worried about family issues...?**

**YOUNGMINDS**  
fighting for young people's mental health

**Bereaved...?**

**Child Bereavement UK**  
REBUILDING LIVES TOGETHER

**Isolated or lonely...?**

**YOUNGMINDS**  
fighting for young people's mental health

**Concerned a friend is being groomed...?**

**childline**

ONLINE, ON THE PHONE, ANYTIME



**Lacking motivation...?**



**Mental Health Foundation**

**Confused about your sexuality...?**

**LGBT foundation**

**Concerned your friend is involved with a bad crowd...?**

**THE MIX**

**Worried about your gender identity...?**

**NHS**

**M Mermaids**

**Like you've seen a crime you want to report...?**

**Newham London**

**At risk...?**

**childline POLICE.UK**  
ONLINE, ON THE PHONE, ANYTIME

**For links to all of these resources, visit the Lister website**

[www.lister.newham.sch.uk/wellbeing-guidance/](http://www.lister.newham.sch.uk/wellbeing-guidance/)