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**St Maurice’s High School**

**Mental Health and Wellbeing**

**Signposted Support.**

During times of difficulty and uncertainty, it is important to know where to access support.

We encourage you to discuss your worries or concerns with someone you trust and/or access the following websites which offer strategies for support.

Please note that this is not an exhaustive list, there are other resources available.

<https://www.seemescotland.org/>

<https://www.samh.org.uk/>

<https://www.stem4.org.uk/>

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

<https://www.headstogether.org.uk/get-support/>

<https://www.themix.org.uk/>

<https://www.breathingspace.scot/>

<https://www.samaritans.org/?nation=scotland>

<https://www.childline.org.uk/>

