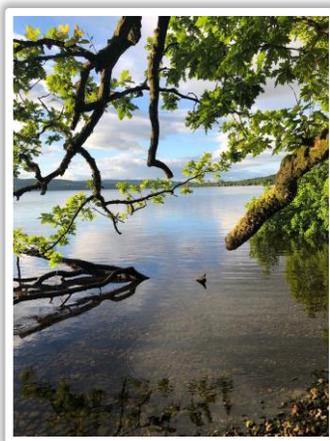


Balfron High School Mental Health

Support for Young People



Speaking about mental health can feel difficult and you might not know who to turn to. There are lots of people who you can ask for help including a trusted friend, family member, teacher, Principal Teacher Pupil Support or your doctor. You can also find help through the following services:



YOUNGMINDS

Youngminds make sure that young people get the best possible mental health support and have resilience to overcome life's difficulties.



SAMARITANS

Samaritans offer support if you are having a difficult time. They are there to listen, they do not judge, or put you under any pressure. They are there to help you work through what's on your mind.



childline

ONLINE, ON THE PHONE, ANYTIME

Childline offer info and advice for whatever is on your mind. They will support and guide you and help you to make decisions that are right for you.



The NHS website are providing advice and information about mental wellbeing while staying at home



Mind explain the Five Ways to Wellbeing. A set of evidence-based public health messages aimed at improving the mental health and wellbeing of young people.



Back Onside are committed to improving the nation's mental health through education, support and inclusion.



Take a deep breath in and a long exhale out - feels good, doesn't it? Try the mindful breathing exercise video to help you feel calmer and more present, from every mind matters.



Click onto the school logo to access the school website and pupil support team