

MENTAL HEALTH is a topic that needs to be addressed

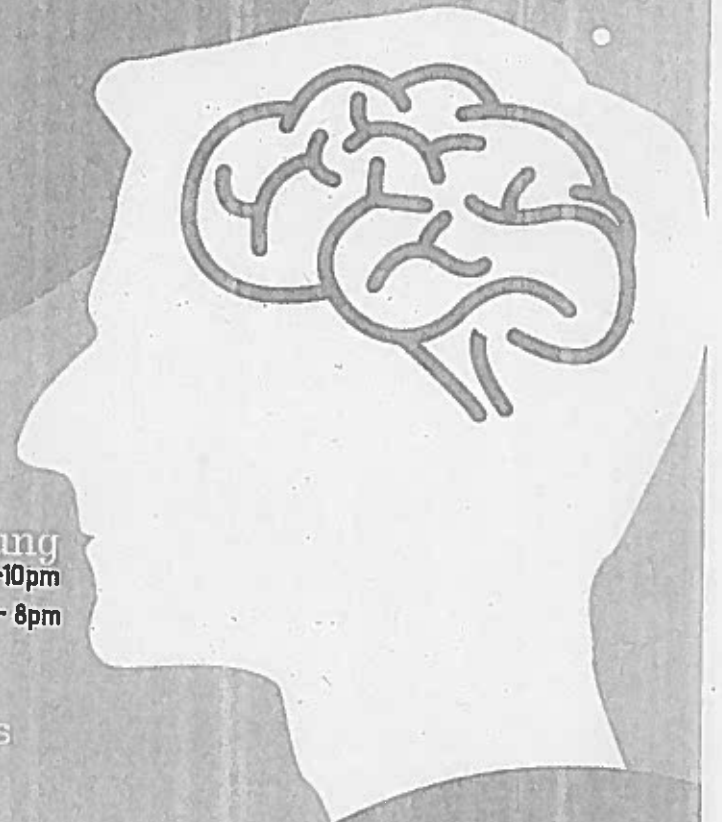
Contacts

CASHER - mental health support for young
people in Wyre 07810696565 mon-fri 5pm-10pm
sat/sun 10am - 8pm
email: bfwh.casher.team@nhs.net

The Mix - essential support for under 25's
Phone 0808 808 4994 or txt 85258

Big White Wall - for 16+ an online
community that supports anyone
suffering with mental health.
www.bigwhitewall.com

Samaritans - a 24 hour helpline
for anyone that requires
help. Phone - 116 123



Nobody
should
suffer
alone

In case of emergency please call - 999