

Supporting young people's mental health

Being a young person can sometimes feel overwhelming – and it's okay to ask for help.


The Special Education Needs and Disabilities (SEND) Local Offer and Family Information and Services Hub (FISH) provide advice and support to help young people understand their mental health and know where to get help.

You can find:

- Advice on feeling worried, low, stressed or overwhelmed
- Simple ways to look after mental wellbeing
- Links to services and support
- Ideas for activities to improve wellbeing

There are also:

- Helplines and services you can contact
- Safe places to talk and get support
- Local and national organisations that can help

 **Important message:** Young people don't have to cope on their own – support is available.

Scan the QR code on your mobile phone or follow the link below:



[🔗 I'm not feeling okay – support for young people](#) –
connecttosupporthampshire.org.uk (select 'Family Information and Services Hub', then 'Young people' and 'I'm not feeling okay')

Talking to someone can make a big difference.