



# Support & Wellbeing

## INFORMATION LEAFLET

### YOU'RE NOT ALONE - HELP IS AVAILABLE

Training, studying and life pressures can pile up quickly.

Reach out early – support works best when you don't try to carry everything on your own.

You're not the first person to experience this and you definitely won't be the last.

Remember everyone wants the best for you.

### TALK TO SOMEONE YOU TRUST

Speak to your parents / carer

Speak to your coach and teacher / lecturer.

They'll have noticed a change in you, let them know what's causing it. They will be able to look at your schedule and help offer some tweaks to help make it more manageable for you.

### SEEK EXTERNAL SUPPORT

Kooth - online mental wellbeing, safe anonymous support  
[www.kooth.com](http://www.kooth.com)

Childline - Counselling service for young people 0800 111  
(24 hrs)

Shout - Text shout to 85258

NSPCC - 0800 800 5000 (24 hrs)

Samaritans - 116 123 (24 hrs)