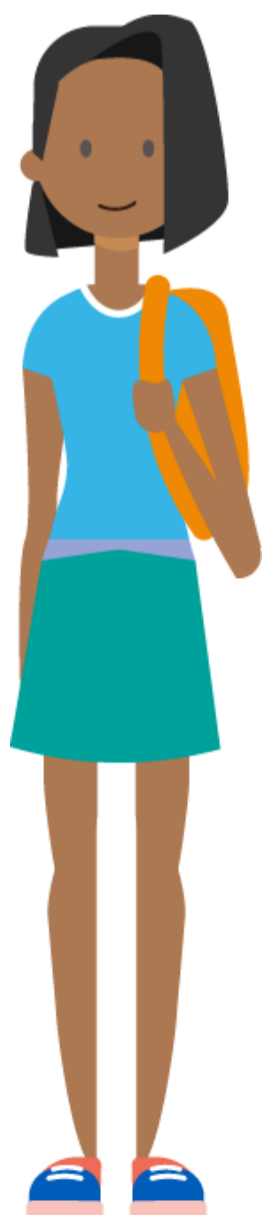
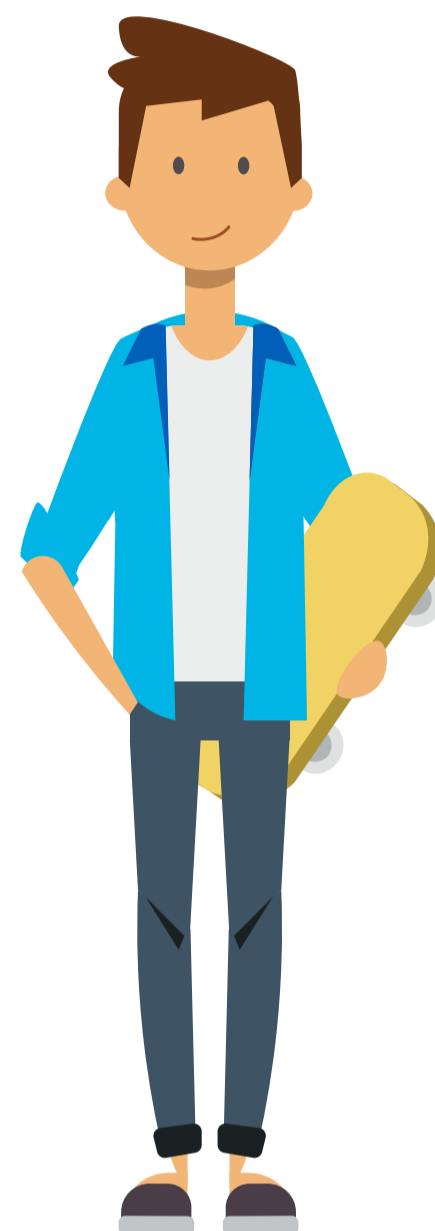


# If you are...

- Feeling worried or anxious
- **Having panic attacks**
- Feeling down or depressed
- Feeling angry
- **Having thoughts about harming yourself**

**The Mental Health Support Team is here to help.**



Don't try to cope on your own – talk to a teacher or someone you can trust, who will be able to refer you onto a practitioner from the **Mental Health Support Team**.

If you need urgent or emergency mental health support at any time, you can contact Warrington's 24/7 mental health crisis line on **0800 051 1508** (Freephone).

To find out more, visit:

[www.merseycare.nhs.uk/mhst-warrington](http://www.merseycare.nhs.uk/mhst-warrington)