



**Remember, no matter how you feel, there is always someone to talk too!**

\*YoungMinds--text YM to 85258--27hrs/7 days a week--<https://www.youngminds.org.uk/about-us/contact-us>...



Download the StayAlive app from Google playstore



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE



#StayAlive

**YOUNGmINDS**  
fighting for young people's mental health

**Self-harm**—what have you planned as your distraction techniques—go for a walk, make someone a cup of tea, bake some cakes, walk the dog, look at your favourite photos, doodle/draw.....or engage with the *CalmHarm* app

