SERVICES AVAILABLE TO YOUNG PEOPLE TO SUPPORT MENTAL HEALTH

- **heads up** — safe place to be yourself
- **headspace**
- **SAMARITANS**
- **young harrow foundation**
- **wish centre**
- **PAPYRUS** — PREVENTION OF YOUNG SUICIDE
- **mind in Harrow**
- **kooth**
- **shout 85258** — here for you 24/7
- **tellmi**
- **YOUNGMINDS** — fighting for young people's mental health
- **THE MIX** — Essential support for under 25s
- **student minds**
- **mosaic LGBT+ young persons' trust**
- **Compass Elevation** — Taking the first steps to grow
- **Good Thinking**
- **stem4** — supporting teenage mental health
- **grief encounter** — supporting bereaved children & young people
- **ChildLine 0800 1111**