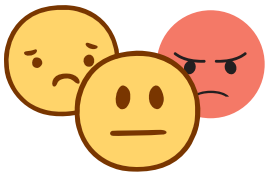


Mental health warning signs

Notice any of these warning signs? Time to talk to someone about your mental health.



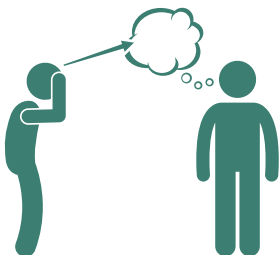
I often feel low, irritable, angry or I don't feel anything at all



I often feel worried or anxious, or have panic attacks



I get unwelcome thoughts or want to hurt myself



I see or hear things that aren't there, or feel like people can read my thoughts



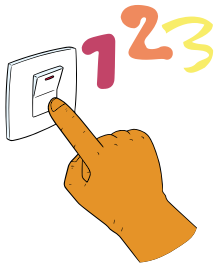
I feel out of control or like my brain can't slow down



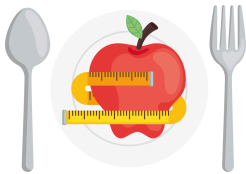
I feel like I'm outside my own body, or like things aren't real

turn over for more





I feel like I have to do certain things or bad things will happen



I have strict rules around food or exercise, or I make myself sick

If any of these describe how you're feeling, or you're having trouble coping for any other reason, you could:



contact your **doctor**



text your **school nurse** on
07507 332473 (East Sussex)
or 07480 635423 (Brighton & Hove)



call **Samaritans** on 116 123 or text
SHOUT to 85258



call 111 and choose the "mental health"
option if you feel **in crisis** right now



if you or anyone else is at risk of
serious harm right now, call **999**