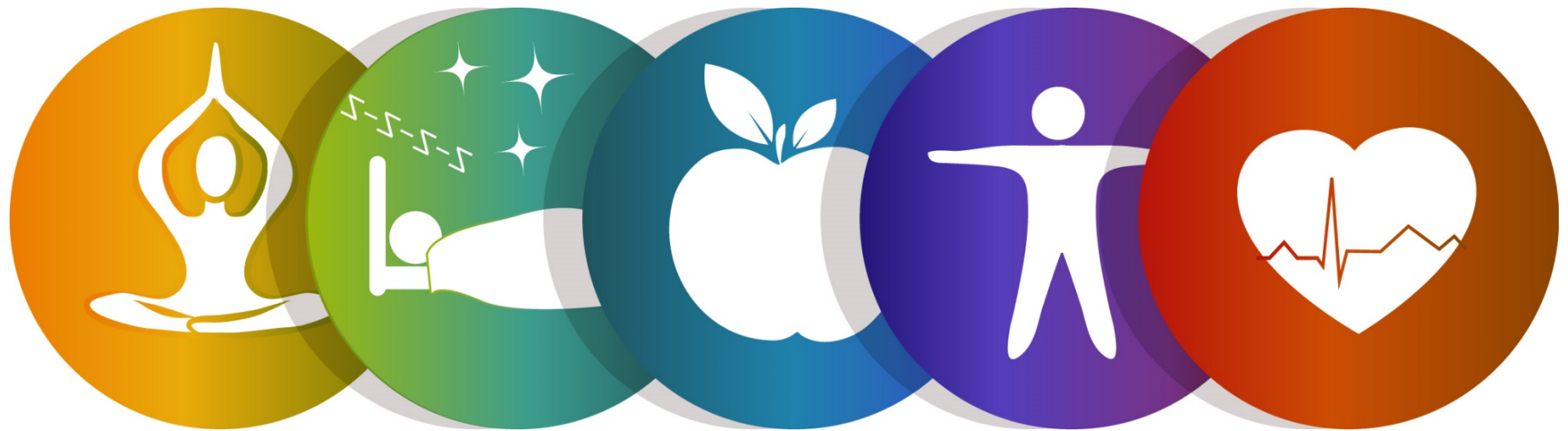
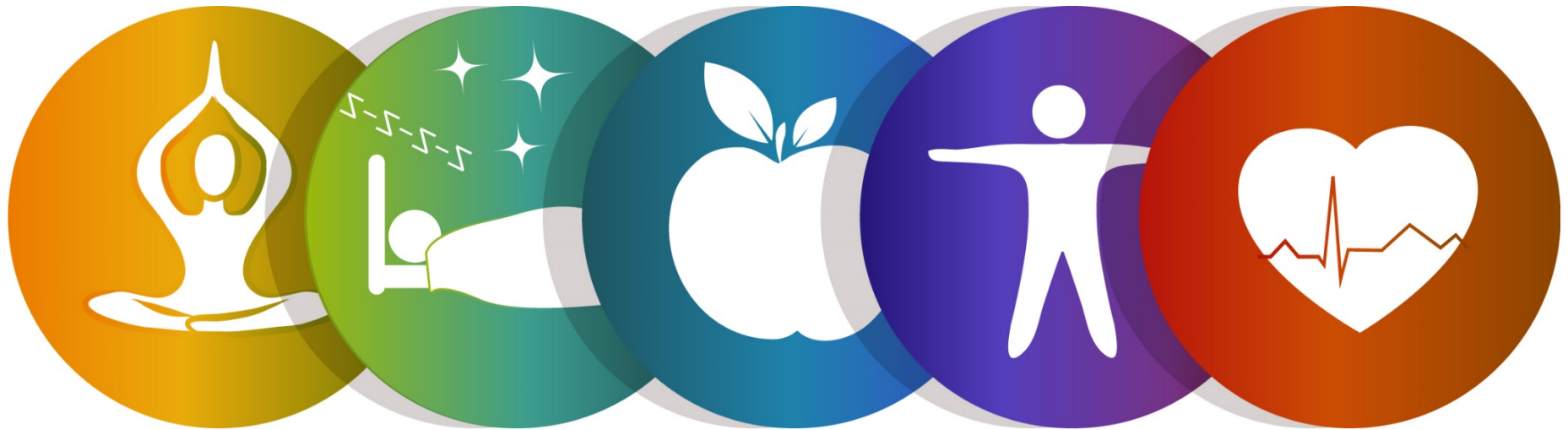


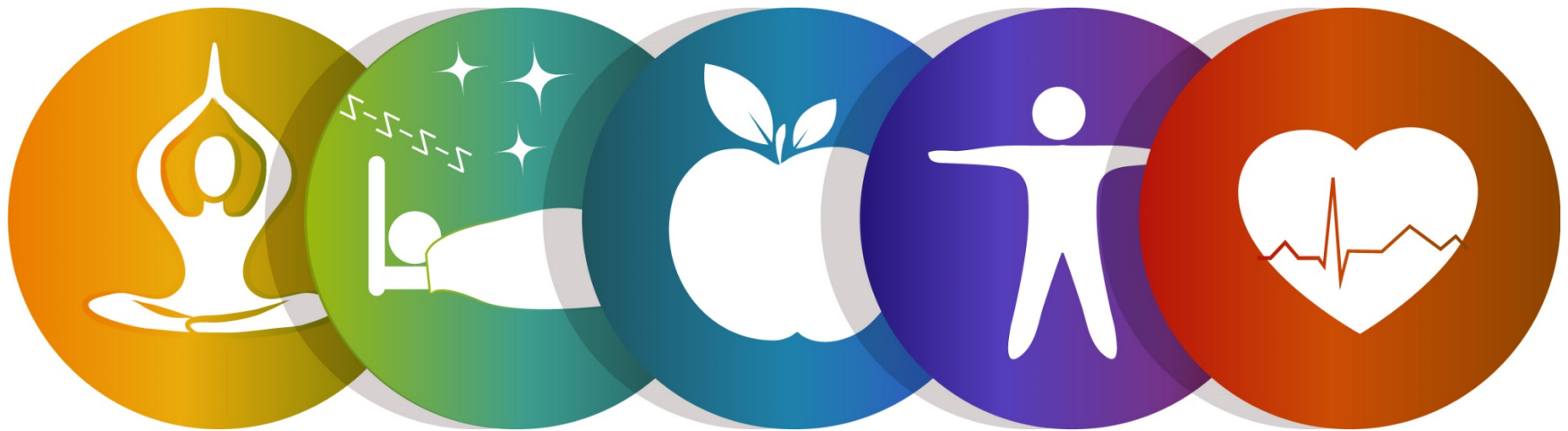
HEALTH



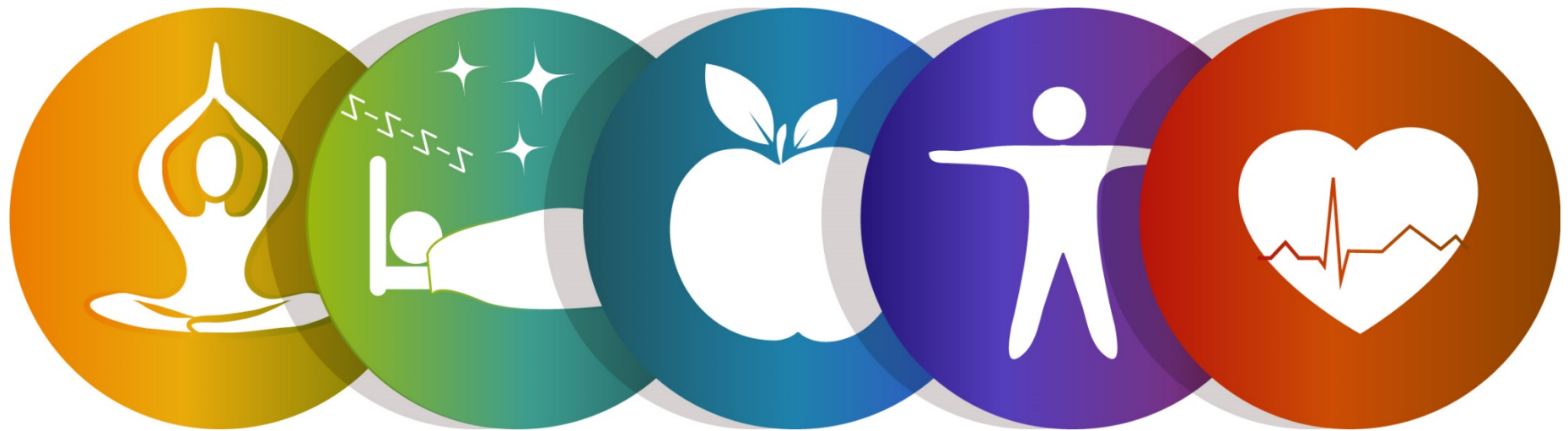
AND



WELL



BEING



USEFUL WEBSITES

www.thecalmzone.net

- Offers support to young men in the UK who are down or in a crisis.

Helpline: 0800 58 58 58 (Daily 17:00-midnight)

www.samaritans.org

If you're in distress and need support, you can ring Samaritans for free at any time of the day or night.
Freephone (UK and Republic of Ireland): 116 123 (24 hours)

www.childline.org.uk

If you're under 19 you can confidentially call, email or chat online about any problem big or small

Freephone 24h helpline: 0800 1111

USEFUL WEBSITES

www.b-eat.co.uk

If you have an eating disorder, or someone in your family does, b-eat is the place you can go to for information and support. Helpline number for under 25's: 0808 801 0711 (Daily 3pm-10pm).

Email: fyp@b-eat.co.uk

www.anorexiabulimiare.org.uk

If you're being affected by an eating disorder, you can ring the helpline. Helpline 03000 11 12 13 (option 1: support line, option 2: family and friends)

www.mengetedstoo.co.uk

Information and advice for men on eating disorders.

USEFUL WEBSITES

www.youngminds.co.uk

UK's leading charity fighting for children and young people's mental health.

www.teenbreathe.co.uk

Magazine articles on young mental health issues

www.mind.org.uk

Provide advice and support to empower anyone experiencing a mental health problem. Mind campaigns to improve services, raise awareness and promote understanding.

www.mindful.org

Simple ways to practice mindfulness.

www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing

