

IT'S OK
NOT TO BE
OK 

YOU MATTER.
YOUR MENTAL HEALTH
MATTERS. 

SUPPORT
STARTS WITH
ONE
CONVERSATION

**THE
FUTURE
IS
YOURS** 

KEEP GOING.
YOU ARE WORTH IT. 



IT'S NEVER TOO
EARLY TO ASK
FOR HELP



YOUR STORY
ISN'T OVER YET



SMALL STEPS
STILL MOVE YOU
FORWARD



**SUPPORT
CHANGES LIVES**



EVERY JOURNEY
STARTS WITH
REACHING OUT



YOU ARE
STRONGER
THAN THIS
MOMENT



YOU DON'T
HAVE TO FACE
IT ALONE



RECOVERY
IS POSSIBLE



ONE STEP
TODAY CAN
CHANGE
TOMORROW



THERE IS HOPE
BEYOND TODAY

YOUNG ADULTS (16-25)

- YOU ARE MORE THAN YOUR GRADES
- LIFE DOESN'T HAVE TO BE PERFECT TO BE GOOD
- YOUR FUTURE IS BIGGER THAN TODAY'S PROBLEMS
- SUPPORT IS A  SIGN OF STRENGTH

ANXIETY & STRESS

- YOU ARE NOT YOUR ANXIETY
- BREATHE. PAUSE. REACH OUT.
- IT'S OK TO SLOW DOWN
- YOU HAVE SURVIVED 100% OF YOUR DIFFICULT DAYS

SELF-HARM RECOVERY

- YOU DESERVE SUPPORT, NOT SILENCE
- YOUR PAIN IS REAL – AND SO IS HELP
- EVERY DAY WITHOUT GIVING UP IS PROGRESS
- YOU ARE MORE THAN YOUR STRUGGLES
- **HEALING IS POSSIBLE** 

SUICIDE PREVENTION

- STAY WITH US
- TOMORROW NEEDS YOU
- YOUR LIFE HAS VALUE
- REACH OUT BEFORE YOU GIVE UP
- THE WORLD IS BETTER WITH YOU IN IT

REMEMBER

- DIFFICULT DAYS DO NOT DEFINE YOUR FUTURE
- HOPE CAN START TODAY
- YOUR TOMORROW NEEDS YOU
- YOUR BEST DAYS HAVE NOT ALL HAPPENED YET 



ITS OK TO
NOT BE OK



TALK
LISTEN
SUPPORT



KINDNESS
CHANGES
EVERYTHING



PROGRESS
NOT
PERFECTION



BE PROUD
OF HOW FAR
YOU'VE COME

**MISTAKES
ARE PROOF
THAT YOU ARE
TRYING**

**YOU DON'T
NEED TO
CARRY
EVERYTHING
ALONE** 

**ONE
CONVERSATION
CAN CHANGE
EVERYTHING** 

**IT'S OK
TO TAKE A
BREAK**

HELP IS
AVAILABLE
RIGHT NOW

**YOU MATTER
MORE THAN
YOU REALISE** 

**THERE IS
ALWAYS
SOMEONE
WHO WILL
LISTEN**

- ✓ SCHOOLS
- ✓ COLLEGES
- ✓ UNIVERSITIES
- ✓ EMPLOYERS
- ✓ FAMILIES
- ✓ COMMUNITIES
- ✓ SUPPORT GROUPS

**SUPPORT STARTS HERE.
HOPE STARTS TODAY.
THE FUTURE IS STILL YOURS.** 

NO JUDGEMENT. JUST SUPPORT.

REACH OUT – YOU MATTER



SAMARITANS
116 123 samaritans.org



SHOUT (TEXT SERVICE) Text SHOUT to 85258



NHS 111 111.nhs.uk



YOUNG MINDS PARENTS HELPLINE
0808 802 5544 youngminds.org.uk

YOU ARE NOT ALONE.  YOU ARE NOT A BURDEN.  YOU ARE ENOUGH.

SUPPORT
STARTS WITH
ONE
CONVERSATION

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NOT TO BE
OK 

YOU MATTER.
YOUR MENTAL HEALTH
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ASKING
FOR HELP
IS A
STRENGTH

-  YOU ARE STRONGER THAN THIS MOMENT
-  YOU DON'T HAVE TO FACE IT ALONE
-  RECOVERY IS POSSIBLE
-  ONE STEP TODAY CAN CHANGE TOMORROW
-  THERE IS HOPE BEYOND TODAY


THE FUTURE IS YOURS
KEEP GOING.
YOU ARE WORTH IT. 

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-  YOUR STORY ISN'T OVER YET
-  SMALL STEPS STILL MOVE YOU FORWARD
-  **SUPPORT CHANGES LIVES**
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 KINDNESS
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EVERYTHING

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 BE PROUD OF
HOW FAR
YOU'VE COME

THERE IS ALWAYS SOMEONE WHO WILL LISTEN

MISTAKES ARE PROOF THAT YOU ARE TRYING

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