If you feel that you are in need of support for your Mental Health please reach out to your school.

Alternatively you can reach out to:

Young Minds : https://www.youngminds.org.uk/young-person/
and
Minds.org : https://www.mind.org.uk/for-young-people/#youngperson

Funded by the European Union

This work was funded by the European Union (BootStRaP project, grant number: 10108238). Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Health and Digital Executive Agency (HADEA). Neither the European Union nor the granting authority can be held responsible for them.

Innovate UK

This work was supported by the UKRI Innovate UK program.

Project funded by

Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Confederation

Federal Department of Economic Affairs, Education and Research EAER
State Secretariat for Education, Research and Innovation SERI