

Mental health support for children and young people

Follow the **SAFE** steps for mental health support to find the right help at the right time.

S

Self help

Advice and signposting to wellbeing activities and digital tools

A

Ask for advice and help

Young people's wellbeing services and support

F

Fast specialist support

Specialist mental health support for young people

E

Emergency services

Mental health crisis and urgent help



Scan to find
out more.

