

# Do you feel...?

**Worried?**

**Sad?**

**Angry?**

**Like you have a knot in your tummy?**

**Like it's hard to get excited about things?**

If you feel any of these things, talk to someone you can trust. That might be your mum, dad or carer, or one of your school teachers.

They will be able to arrange for someone from the **NHS Mental Health Support Team** to speak to you, to see how they can help you feel better.

