



MENTAL HEALTH KEY FACTS

safeguarding@gloscol.ac.uk

Gloucestershire NHS has created the [‘On your mind’](https://www.onyourmindglos.nhs.uk/) website to support children and young people with mental health and wellbeing worries. The website will mean that you are able to get help when you need it and also do things to make yourself stronger, so you are more able to cope when things are tough.

So, if you are worried about yourself, a family member or a friend, check out their website for support, advice and information:

<https://www.onyourmindglos.nhs.uk/>

