

At this time you might have many questions you would like answered, and at points you might find yourself anxious and stressed.

Below are a number of websites that will be able to help:

- For general worries, go to [www.childline.org.uk](http://www.childline.org.uk) or call **0800 1111**
- For help with stress, anxiety and general mental health, go to [www.youngminds.org.uk](http://www.youngminds.org.uk)
- For advice on your thoughts, feelings and worries, go to [www.newportmind.org](http://www.newportmind.org)



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## Support and Advice

At this time you might have many questions you would like answered, and at points you might find yourself anxious and stressed.

Below are a number of websites that will be able to help:

- ❖ For general worries go to [www.childline.org.uk](http://www.childline.org.uk) or call



- ❖ **YOUNGMINDS** fighting for young people's mental health For help with stress, anxiety and general mental health [www.youngminds.org.uk](http://www.youngminds.org.uk)

- ❖ For advice on your thoughts, feelings and worries: [www.newportmind.org](http://www.newportmind.org)

