

Support beyond school for my mental health or other concerns



BEECHEN CLIFF



School Nursing Service

01225 831666
or 07899994593



YOUNG MINDS

Charity for improving mental health

0808 802 5544

www.youngminds.org.uk



PROJECT 28

Young people's drug and alcohol service

Tel: 01225 463344

Instagram [dhiproject28](https://www.instagram.com/dhiproject28)



Free, confidential and independent services

for young people 01225 312481 or text
07753 891 745 (for Listening service)

www.offtherecord-banes.co.uk

THE MIX

Essential support for under 25s

0808 808 4994

www.themix.org.uk



Oxford Health

NHS Foundation Trust

CAMHS Service

www.oxfordhealth.nhs.uk/camhs

SAMARITANS

Whatever you're going through,
a Samaritan will face it with you.

Phone: 116 123

www.samaritans.org