

Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!

If you're struggling, it's okay to reach out:

Visit

cypsp.hscni.net/youth-wellness-web/

SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

Call Childline on: 0800 1111

Call LIFELINE on: 0808 808 8000

Text Shout: 852558

Deaf & hard of hearing textphone users: 18001 0808 808 8000

