

# How are you sad? anxious? stressed? scared? worried? angry? overwhelmed? tearful? not having a good day?

We all find it hard sometimes, but you don't have to do it alone.  
Some days are harder than others - it's okay not to be okay.  
Ask for help!

**Your Mental Health First Aiders can be found at: [www.merseysidescouts.com/mentalhealth](http://www.merseysidescouts.com/mentalhealth)**



If you would like someone to talk to about how you're feeling, need someone to listen, or need some help and advice, then visit our website link above, or scan the QR code on the right!

## In Scouting, your well-being is our priority.

**#creatingasafespaceinscouting**

### Some other organisations to take a look at:

**NHS Moodzone** - guidance on coping with stress, anxiety and depression, and includes links to lots of useful resources:

[www.nhs.uk/conditions/stress-anxiety-depression](http://www.nhs.uk/conditions/stress-anxiety-depression)



**CAMHS** – local and national support, advice and guidance on a variety of mental health issues for those suffering, and their families:

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/>

**NHS Mersey Care (Talk Liverpool)** – lots of options available, allowing you to find the help and support that suit your needs:

[www.merseycare.nhs.uk/our-services/a-z-of-services/psychological-services/talk-liverpool/](http://www.merseycare.nhs.uk/our-services/a-z-of-services/psychological-services/talk-liverpool/)



**HOPELineUK** - a specialist phone service giving non-judgemental support, information & advice to young people or those wanting to support somebody - phone: 0800 068 4141

[www.papyrus-uk.org](http://www.papyrus-uk.org)

## #SkillsForLife



**Scouts**   
**Merseyside**