

Are you worried?

Sad?

Angry?

Can't sleep?

Do you have **butterflies** in your **tummy?**

If you feel any of these things, talk to your parent or carer, your teachers or another adult you trust.

They can help you to get help from us.

Talk to an adult

We are the **Mental Health Support Team** and we're here to **help you feel better**.



cypf.berkshirehealthcare.nhs.uk