



Sometimes it can feel like we don't have any control over what we think or how we feel...

Asking for Help...

The important thing is not to try to cope on your own. When you're struggling, it is not good to spend too much time alone. It's at times like these you need to ask for help.



Who can I ask for help?

Your family
Trusted friends
Cadet Force Adult Volunteers
Professional services



Army Cadets
Healthy Minds
Webpage



ARMY CADETS HEALTHY MINDS

PROFESSIONAL HELP



Papyrus

Thinking of Suicide? If you, or someone you know, is not coping with life, please reach out! Confidential suicide prevention advice is available through HOPELINEUK. They are open 9am - midnight every day of the year call 0800 068 4141 or scan the QR code.

Young Minds

Young Minds is the UK's leading charity fighting for children and young people's mental health. If you need urgent help you can text SHOUT to 85258 anytime of day or night or scan the QR code.



The Mix

The Mix is the UK's leading support service for young people. They can help you take on any challenge you're facing, including mental health, money, homelessness, finding a job, break-ups or drugs. If you need urgent help, text THEMIX to 85258 any time of day or night or scan the QR code.

Childline

You can talk to Childline between 9am - midnight about anything. No problem is too big or too small. Call them free on 0800 111 or scan the QR code.



Kooth

Kooth is a free wellbeing portal for all Army Cadets. For free, safe and anonymous support register at www.kooth.com/mod