

Anxiety

in Lockdown

Help & Support

FOR MORE INFO, CHECK OUT:

#copingtogether

SAMARITANS - CALL 116 123

LIFELINE - CALL 0808 808 8000

PIPS - CALL 0800 088 6024

MIND - CALL 0300 123 3393

INSPIRE - [INSPIREWELLBEING.ORG](https://inspirewellbeing.org)

AWARE NI - [AWARE-NI.ORG](https://aware-ni.org)



STATS:

THE YOUTH WELL-BEING SURVEY -
HSC BOARD 2020

ROYAL COLLEGE OF PSYCHIATRISTS NI

TIPS AND ADVICE:

AWARE NI

MIND

ART AND GRAPHICS:

GEORGIA MOORE (@SILVERTHIEVES)

