If you're struggling with your mental health, you're not alone.

Digital tools to help you
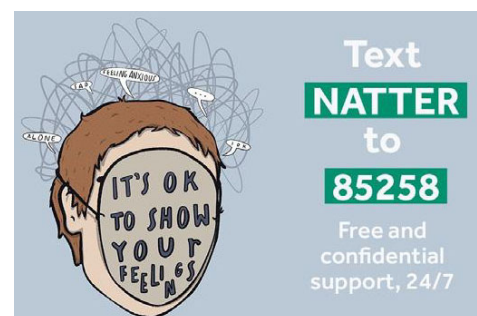
Visit BestForYou.org.uk
- Lots of information about mental health conditions and how to access local services
- Peer-to-peer support, practical advice for good mental health, and how to support friends and family

Scan the **QR code** below to visit the website

Free 24/7 Text Support
If you are feeling worried, anxious or over-whelmed, text 'NATTER' to 85258 to start a conversation any time of the day or night. Your text will be answered by trained volun-teers, and it is confidential unless they're concerned about your safety.

Text **NATTER** to **85258**
Free and confidential support, 24/7

IT'S OK TO SHOW YOUr FEELINGS

Follow us for daily updates and advice
@BestForYouNHS

Contact us
BestForYou@cwplus.org.uk

NHS Central and North West London NHS Foundation Trust

NHS Chelsea and Westminster Hospital NHS Foundation Trust

NHS West London NHS Trust

CW+

Imperial College London

Download an app

The Best For You app library is easy to access and includes a wide range of apps for support and guidance, which have all been reviewed by experts to make sure they're safe, accurate, up-to-date and many are free.

Scan this QR code to visit the app library

Kooth

Kooth is a free, safe, and anonymous online well-being community for young people. You can sign up without being referred and it has lots of different features to choose from.

There's an online magazine, a journal to track your mood and feelings, discussion boards for supportive conversations, and you can talk to the online team about anything.

Best For You

Best For You is a new partnership between NHS Trusts and a range of local community, digital, charitable, and voluntary sector organisations. We're working with young people and their families to urgently transform how mental health care is delivered to help more young people in need.

IT'S OK TO SAY THAT YOU'RE NOT OK

VISIT:
bestforyou.org.uk