



# IT'S OKAY TO ASK FOR HELP

You don't have to fight  
your battle alone.

Talk to us!

TO LEARN MORE ABOUT  
MENTAL HEALTH AND WHERE  
TO GET HELP...

# There are lots of options...

## The YES Project

Contact them at:

T: 0800 7350 010

W: <https://www.yes.je>

## Kooth

An online mental wellbeing community

Find out more at:

W: [kooth.com](http://kooth.com)

## Mind Jersey

Contact them at:

T: 0800 7359404

W: <https://www.mindjersey.org>

## Liberate

Free counselling to anyone from a minority group in Jersey who is experiencing poor mental health.

contact [counselling@liberate.je](mailto:counselling@liberate.je)

W: <https://liberate.je/counselling>

# CAMHS

To access CAMHS a referral from your school, GP or Social Worker is needed.

## Children & Families Hub

The Children and Families Hub provides information, advice and support for families and young people. Our aim is make sure you get the right help, at the right time. This could be some advice on the telephone or a one-to-one consultation. We'll also put you in touch with any services that can help you.

The hub also responds to any safeguarding concerns you may have for a child or young person. Whatever help you need, we'll make a plan with you and with the services helping you.

T: 01534 519000 or  
E: [childrenandfamilieshub@gov.je](mailto:childrenandfamilieshub@gov.je)

## Emergency Help

In a crisis call 999 or go to the A&E department at the hospital.