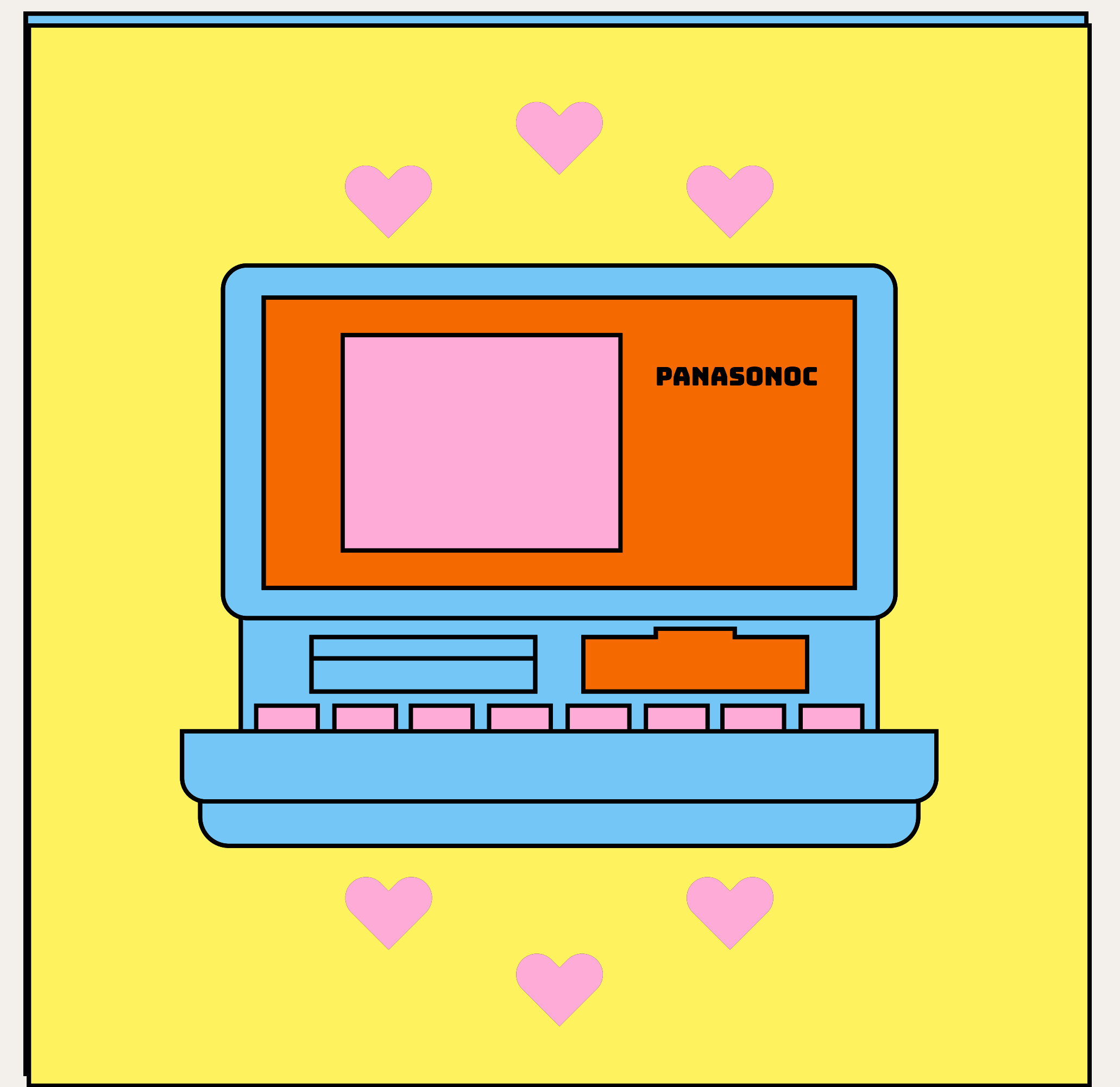


Help  
in a  
crisis >



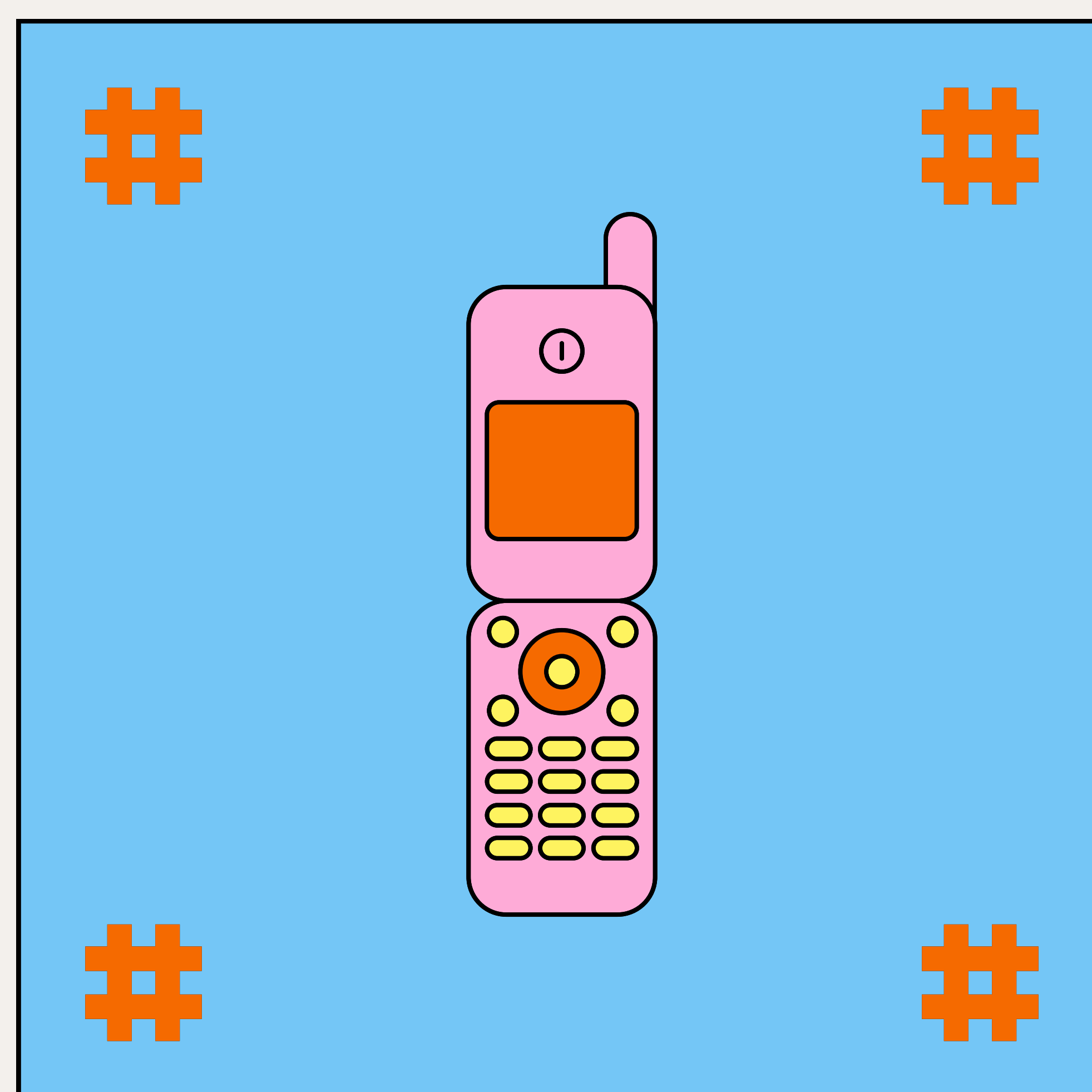
ARE YOU 12-25 YEARS AND NEED HELP  
OR ADVICE ?

NOT SURE WHERE TO START?

[WWW.HAPPYMAPS.CO.UK](http://WWW.HAPPYMAPS.CO.UK)



BEST WEBSITES, HELPLINES, APPS,  
VIDEOS AND BLOGS FOR YOUR  
MENTAL HEALTH  
ALL IN ONE PLACE



- Do I have ADHD or Autism?
- Anxiety, feeling low or lonely
- Social media and bullying
- Why do I feel angry?
- Help for self-harm
- Body image