



# THE SIGNPOST

**Free TEXT support for 11-17 year olds**

**Text: 07480 635 025**

Texts are monitored Monday-Friday, 9-5 (excluding Bank Holidays)

**When you're struggling  
with something, it can be  
difficult to know which way  
to turn for help.**

**The Signpost** offers emotional  
health support and will help you  
think about options available.



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 ChatHealth

  
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