



Help
in a
crisis >



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

NOT SURE WHERE TO START?

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