

How are you?

It's **okay**  
**not** to  
be **okay**

We know life can sometimes feel overwhelming and that things are particularly difficult at the moment. If you're feeling anxious or are worried about your mental health, there's lots of support available to you, including for young people aged 11 to 18 at

[camden.gov.uk/mental-health-and-wellbeing](https://camden.gov.uk/mental-health-and-wellbeing)

Call your GP or  
iCope Camden on  
**020 3317 6670**  
if you need  
support but don't  
have the internet