

STARTING WELL
www.startingwell.org.uk

Starting Well Online Chat

Are you a young person aged between 11 to 19 who lives or attends school or college in Cheshire West and Chester?
Do you need support?
We can help!

No issue is too big or too small
This is a confidential service.
For more information visit the website.

11 to 19 Online Chat
Available to chat now...

- Exam Stress
- Bereavement
- Self harm
- Anxiety
- Changing Schools
- College Life
- Bullying
- Family Worries
- LGBT
- Growing Up Worries
- Low Mood
- Physical Health
- Emotional Health

Online Chat

This is not a crisis service. If you need immediate support please contact your GP or go to your nearest A&E department.

Welcome to online chat, how can I help?

Starting Well Service