

**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**

Online Chat is not a crisis service.  
In a crisis call CWP Crisis Line on  
0800 145 6485  
www.cwp.nhs.uk/crisis

Welcome to online chat.  
How can I help?

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Starting Well Service