



HEADS UP!

All the help you need in Buckinghamshire, right here



An online space for mental health support, resources, and counselling for 11 to 18-year-olds



Counselling, advice, and a chill drop-in space in Aylesbury Vale for young people aged 13 to 25



Confidential counselling and mental health support (online or in person) for 13 to 21-year-olds



Mental health advice, resources, and a text chat with a school nurse for 11 to 19-year-olds



Support, counselling, and a safe space in High Wycombe for young people aged 11 to 35



NHS - Specialist mental health support and treatment for anyone up to 18