



YOUNGMINDS

**Hello
Yellow**
THURS 10 OCT

**“I just want
the noise in my
head to stop”**

Are you worried about a young person in your life?

Don't wait for the problem to 'go away' contact our Parents Helpline for free & confidential advice.

Call the helpline today on 0808 802 5544

Or visit www.youngminds.org.uk/parents-helpline to speak to us online.

We're supporting Hello Yellow on 10 October to show young people they're not alone with their mental health.

#HelloYellow

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YoungMinds, registered Charity in England (1016968) and Scotland (SC039700)