

A blue pencil is shown in the upper right corner, drawing a thick blue line across the white background. The pencil is partially sharpened, with some blue paint visible on its tip and the line it is creating. The text is positioned above and below this line.

Keep Your Head

www.keep-your-head.com

Feeling down? Stressed out?
Trouble sleeping?
Everything getting too much?

www.keep-your-head.com

Mental health resources and local information for
young people, parents/carers and professionals.