

**Presents 'A New Way To Talk'**

**BUZZ US**

**07520631168**

# BUZZ US

## A New Way To Talk



- 🐝 Did you know you can text a Wellbeing Worker at your standard rate to ask for help, information or advice about Mental Health and Wellbeing?
- 🐝 Compass BUZZ has launched a new confidential service for young people aged 11 – 18 years old called BUZZ US
- 🐝 **The number to text is.....**





**07520631168**

Sometimes it's difficult to talk about things face to face like...

-  **Bullying**
-  **Self Harm**
-  **Eating Problems**
-  **Self Esteem**
-  **Stress**
-  **Anxiety**

**'BUZZ US'** lets you speak to a professional who can offer support and guidance in confidence.

# What happens when I text **07520631168?**

-  You will receive a message to say that you have messaged BUZZ US and when you can expect a reply
-  A Wellbeing Worker will message back and introduce themselves
-  You will receive a message about confidentiality
-  The Wellbeing Worker will advise you about what you can do or signpost you to a service that could help

# Will BUZZ US keep texting me?

No, once you have received an answer and the support you need, the conversation will end. You can always text another question if you need support in the future.

# So Remember...



iPad

4:15 PM

**BUZZ US is open Monday-  
Thursday 0900-1700 and Friday  
0900-1630 (BUZZ US does not  
operate during Bank Holidays)**

**07520631168**



**Thankyou**

