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information

**Do you feel...?**

Worried? Sad? Angry?

**Compass**  
**Birmingham**  
**MHST**

We can help you  
with things like:

- **Anxiety**
- **Low Mood**
- **Sleep**
- **Worry**



Your Mental Health Support Team (MHST) works in your school to  
support you before things get too difficult.

**Website: [Compass-uk.org/services/compass-birmingham-mhst/](https://compass-uk.org/services/compass-birmingham-mhst/)**