YOU ARE NOT ALONE

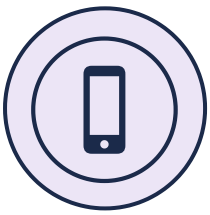
Feeling low? Reach out.

Asking for help is a good first step.



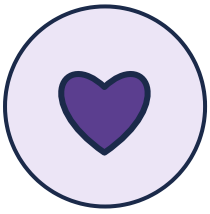
Tell someone.

A friend, family member, teacher, colleague or manager.



Speak to your GP.

They can talk with you about the support available.



Go gently.

Be kind to yourself and take things one step at a time.



Stay connected.

Keep in touch with people who care about you.

Our contacts for support:

_____

_____

Samaritans: call free on 116 123, day or night. Under 19? Childline: call free on 0800 1111 or visit childline.org.uk. In an emergency, call 999.

postertemplate.co.uk