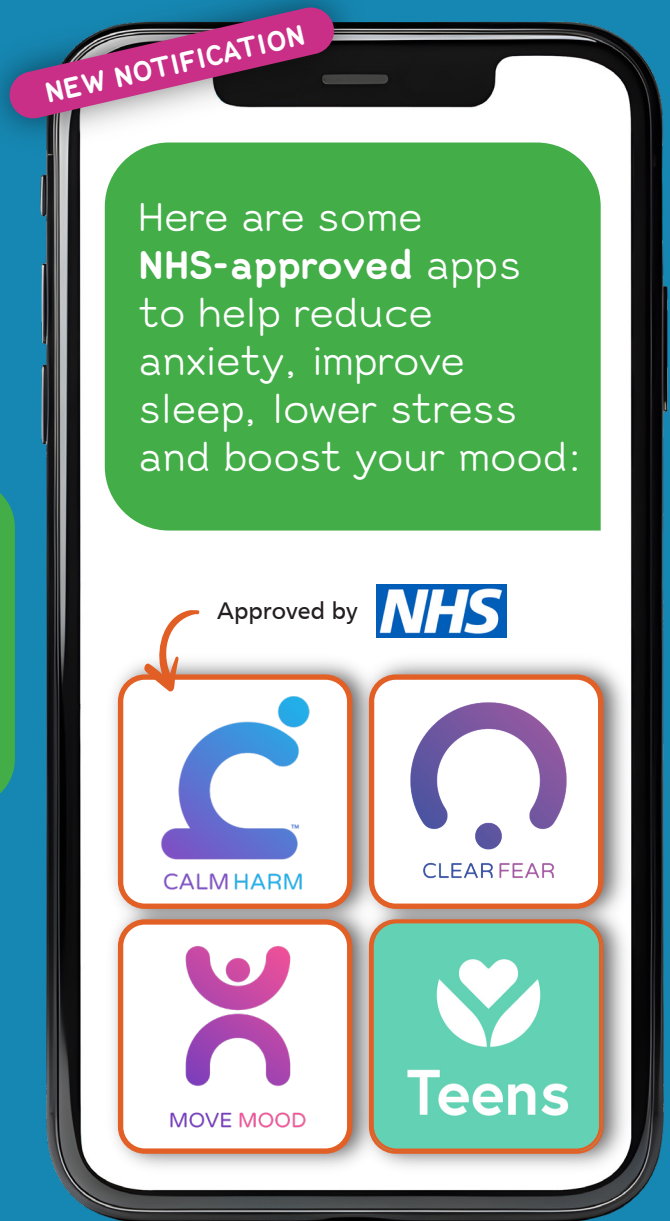
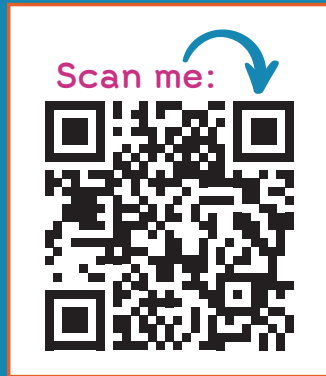


NEED HELP?

Look after your mental health



Feeling like you can't cope and you are in crisis?
If you need to speak to somebody.

Useful numbers free to contact:

CONFIDENTIAL

SHOUT 24/7

Text SHOUT to 85258

CHILDLINE 24/7

Call: 0800 111

CAMHS CONNECT 9am - 7pm

Call: 0300 111 022

SCHOOL NURSE Mon - Fri

Text: 07507 329 600

SAMARITANS 24/7

Call: 116 123

Email: jo@samaritans.org