

You are not alone....

If you are feeling:

- worried or concerned
- frightened and anxious
- lonely and isolated
- guilty
- unable to eat or sleep properly
- generally upset about something



YOU CAN TALK TO ANYONE IN OUR SCHOOL

Including:



Mrs Wright
Safeguarding Lead



Miss Bridge
Deputy
Safeguarding
Lead



Mrs Light
Safeguarding
Officer

You can also ring the NSPCC Helpline on:

