

THE MENTAL HEALTH SUPPORT TEAM ARE IN YOUR SCHOOL!

And can help you with the following:

Anxiety

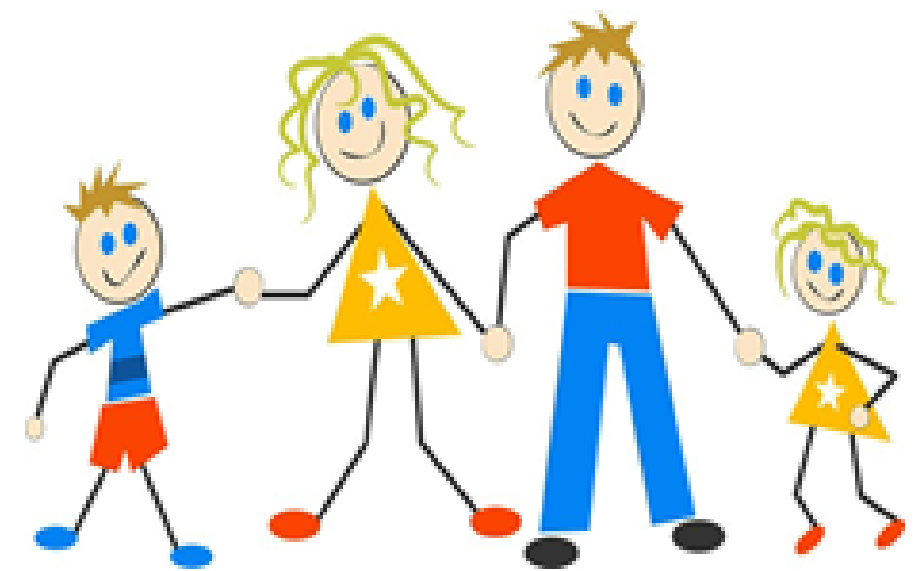
Exam Stress

Low Mood

Low level behaviour difficulties

Panic

Sleep Difficulties



Speak to your Mental Health Lead for more
information!



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