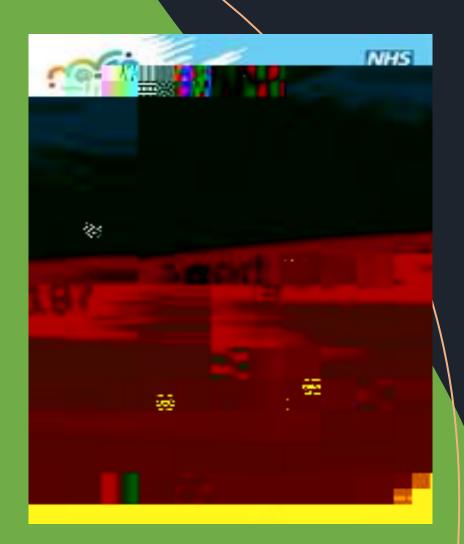
Support for your well being over the holidays

There is always someone you can talk to

Online Support- 365 days a year





Text a nurseconfidential service



Childline- online, on the phone, any time

Support for children and young people in the UK, including a free 24-hour helpline.

0800 1111 childline.org.uk



If you are worried about your safety or the safety of another student:

Further Support

Samaritans: Call (24 hour helpline)

Shout: Text Shout to

Hot Meals available to families- thank you to Mr Mal for this information

•