

**You are not alone...**

**If you are feeling:**

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



**There are people in our school that you can talk to...**



**Deputy Safeguarding Officers**

**Miss. Dawson and Mrs. Tempest-Mitchell**



**Safeguarding Officer**

**Mrs. Binns**

Or if you would prefer, speak to an adult in your class.