

# 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



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



Our Learning Mentor  
**Mrs Silburn**



Deputy Safeguarding Officers  
**Mr Colley and Mrs Fairfield**



Safeguarding Officer  
**Miss Mayers**

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

Remember there are worry boxes in your classroom too:

