

# 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



## Remember,

there are people in our school that you can talk to...



Safeguarding Officer  
**Mrs O'Gara**



Deputy Safeguarding Officer  
**Mr Wynn**

If you're out of school you can speak to someone at Childline:

September 2017

**0800 11 11**

