**Feeling overwhelmed?**

**Need help?**

For children:



<https://www.childline.org.uk/>

<https://www.nspcc.org.uk/>

For Adults:

<https://www.selfhelpservices.org.uk/>

<https://www.mind.org.uk/>

<https://www.caritassalford.org.uk/>

Please speak to a member of staff in school if you require assistance and we will endeavour to support you and your family.