

Too much on your plate?



SPEAK
OUT

SPEAK OUT

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Speak: To your tutor, your teacher, your Head of House, your Student Support Manager, your family or your friends - don't worry alone!

Email: speakout.bbs@taw.org.uk - we will email back and listen, help and support you.

Websites and Blogs: www.youngminds.org.uk, www.childline.org.uk, www.recoveryourlife.com.

Call: Childline 0800 1111.