

**HELLO**

**I AM...**

**SOMEONE WHO  
CAN HELP!**



## **Don't struggle to cope alone.**

If you are worried about yourself or somebody else, there are lots of ways you can get support when school is closed.

**In an emergency dial 999**

**Hopeline UK 0800 068 41 41**

**The Mix helpline - 0808 808 4994**

**SHOUT text 85258**

**Childline 0800 11 11**

**Samaritans 116 123**

**Visyon call 01260 290000 or text 07508074748**

**KOOTH.com**

*There is always somebody ready to help you.*