



Hamwic Education Trust is pleased to partner with Shout 85258 - a free, confidential, 24/7 text message support service for any of our students, staff or parents who are feeling overwhelmed or struggling to cope. The service is staffed by trained volunteers who will work with students, staff or parents to take next steps towards feeling better. They can help with issues such as stress, anxiety, worry and relationship problems and are there to talk at any time of day or night.

For more information visit <https://giveusashout.org/>

Text HAM to 85258 for immediate support.