

Everyone **worries** about things that happen **in school or at home** from time to time. It is rare that a pupil sails through school without experiencing **some sort of issue**. Here at **Ysgol Nantgwyn**, we want to ensure you have the very **best support** available. If worried, speak to your form tutor or any of the following:
- Mr Evans, Mrs Ridley, Mrs Lewis, Mrs Higgs, Mrs Waithaka, Mrs Woodbridge, Mrs Carter and form tutors.



SOURCES OF HELP:

If you would rather speak to someone you don't know, here are some helpful free sources and free phone numbers available 24/7 for 1:1 chats:

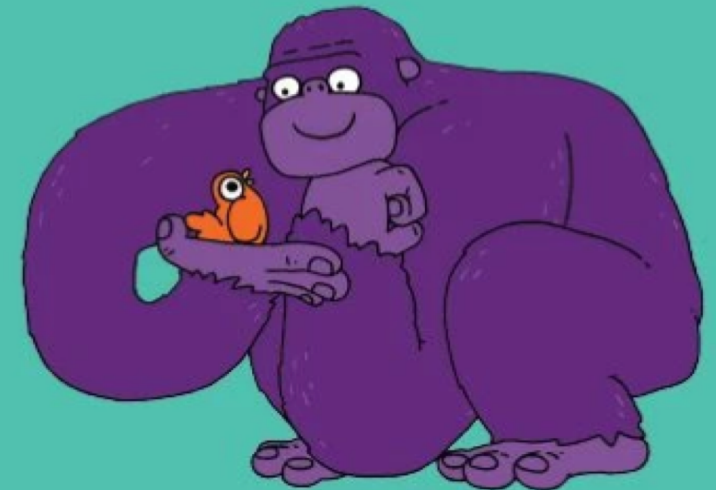
Samaritans - 116 123
www.samaritans.org

Childline - 08001111
www.childline.org.uk

The Mix - 0808 808 4994
www.themix.org.uk

WORRIED? WE'RE HERE TO LISTEN

Call Childline on 0800 1111
or visit childline.org.uk/kids



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