

Where to go for help when you are feeling worried or stressed

There may be times when you feel bothered or upset. On these occasions, it can help to talk to someone else about your feelings.

- Have you got **someone in your friendship group** who could help?
- There are **student helpers within the Academy** who can help too.
- Maybe there is a **trusted adult at school** who would be good to talk to? How about your **pastoral leader or form tutor**? Or maybe there's a **particular teacher**? There's always **Gill from Inkpots Mentoring** too.
- Beyond school, **someone in your family** might be ideal. Or a **trusted family friend** or **someone from a club or group** you belong to.

If you would feel better talking to someone completely neutral, you can text **Shout 85258**. This is a free, confidential 24/7 text support service. Just text '**SHOUT**' to **85258** and you'll be connected to a trained volunteer.

There will always be someone you can talk to – you don't have to carry your worries on your own.