

Feeling Worried?

We all worry about things – children and adults alike. If we don't share our worries, they can get bigger and bigger until we carry round a huge bag of them.

At school, there are a number of ways we can share our worries. Different people find it helpful to share worries in different ways – some like to talk about them, others find it harder to do so.

We are always on hand to share worries with, and we are always very happy to talk with you about a worry. Always feel free to come and have a chat if there is something that is worrying you. We also have a Worry Box in the entrance that you can put your worry in, either with your name on it so your teacher can come and talk to you about it or without your name on it which means it might be talked about PSHE/RSE or in some other way.

We can't promise we can fix all your worries straight away, but we can promise that you won't have to face them alone!

Childline - 0800 1111 (free of charge)

Online, on the phone, anytime

Childline is yours – a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you online, on the phone, anytime.

<http://www.childline.org.uk/>