

We have an important question to ask...

How are you?

**Feeling
blue?**

Snappy?

Irritated?

Anxious?

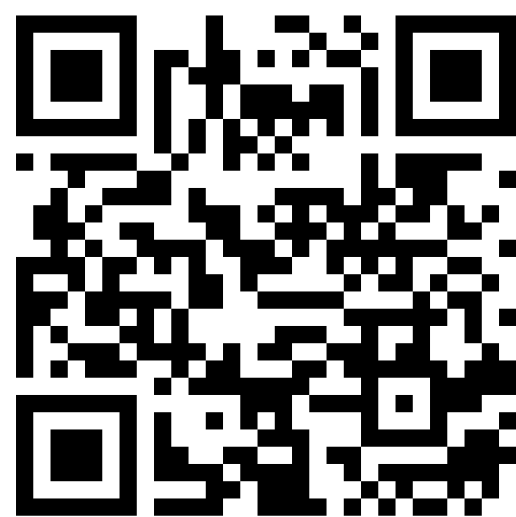
**Thoughts going
round and round in
your head?**

**Not enjoying
things the way you
used to?**

Take our questionnaire. We may be able to help.

Complete our short questionnaire
and one of our practitioners may be
able to offer you a free and
confidential space to support you
in managing your emotions

Scan me



Please note: By completing the
questionnaire you give consent for us
to share information with the
Safeguarding and Mental Health
Leads at your school. This will help us
put support
in place for you.

Or click me

<https://forms.gle/coQS6KR6sEupY2w9>