

Meet your Mental Health Support Team.

- Are you worried about something like exams, school, friends and don't know what to do?
- Are you feeling tense, not sleeping or need advice about coping with worries and behaviours?
- Are you struggling to do the things you would like to do and feel upset and fed up?
- If you would like more information, support and advice, please contact your head of house and ask for the Changing Lives Service.
- We have a Team of Specialists working within your school, and we can help young people who may be struggling with mild to moderate mental health problems.

