

ALWAYS HERE TO HELP!

Some people find this time of year difficult, for lots of different reasons.

For senior school pupils this can be a period when different pressures come together –
social life, relationships, peer pressure, family,
workload for Higher courses, pre-exam stress, University applications,
uncertainty about the future, preparing to leave home etc.
– all at a time when you are just finding out who you are.

Remember – there is lots of support that you can access both within and out of the school. Your Guidance Teacher is always there for you if you need to talk as well as any other member of staff that you feel able to talk to.

Do remember that your Guidance Teacher can also provide information and advise you of other people, perhaps outwith the school, that you may feel more comfortable talking with. Alternatively you can talk in confidence with your own G.P.

Websites you might find helpful include:

www.youngminds.org

www.stepsforstress.org

**IF YOU ARE FEELING STRESSED - DON'T SUFFER IN SILENCE!
IT'S GOOD TO TALK!**