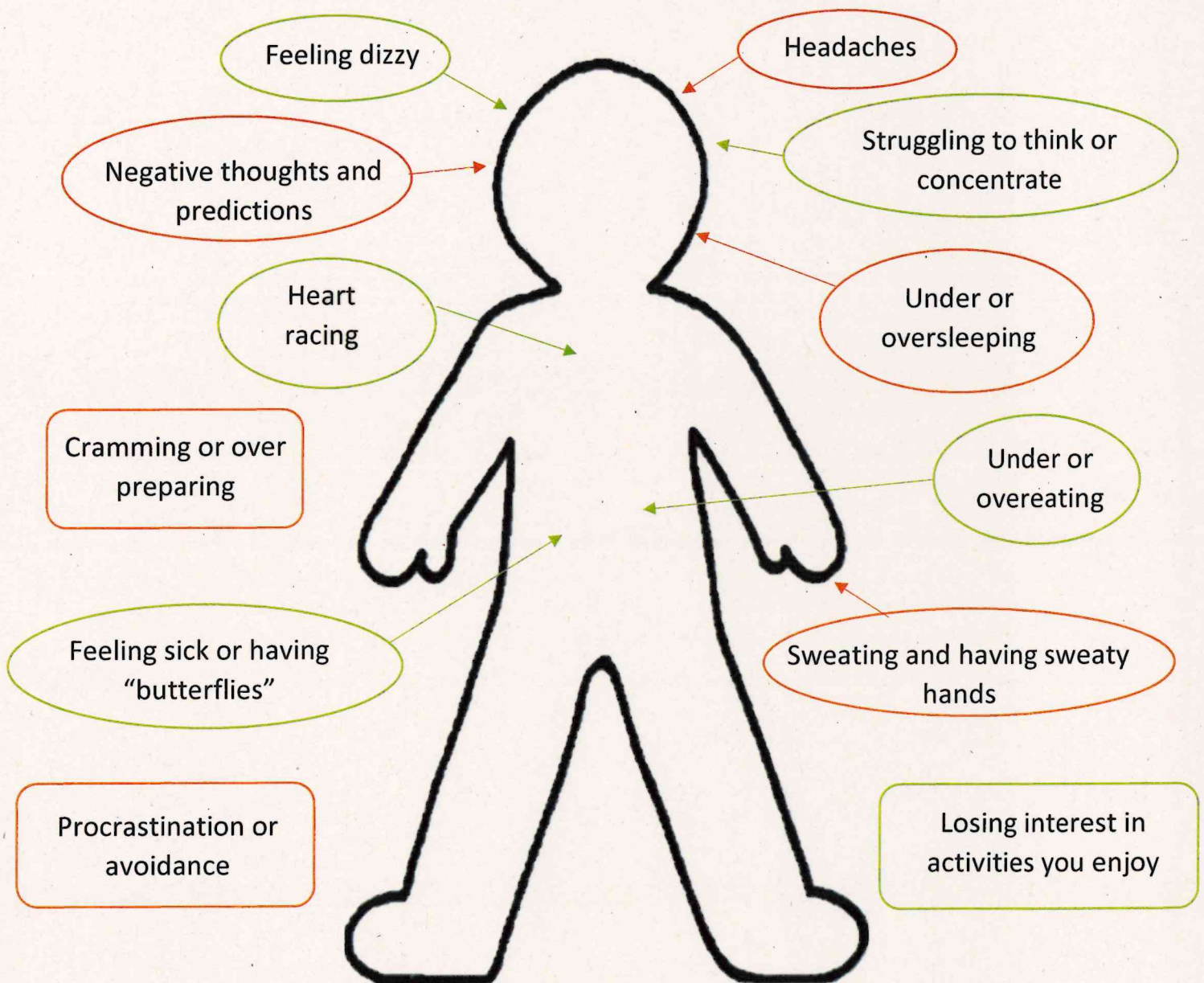


WITH ME *i*N MIND

What is worry?

It is normal to experience all of these feelings at certain times in our life.

However, if you feel they are impacting your life on a regular basis, you can speak to With Me in Mind using the link below or speak to your mental health lead in school.



<http://www.withmeinmind.co.uk>

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