

**In uncertain times,  
you're not alone.**



**Call us.  
We'll listen.**

**08000 562561**

“ Ask for help. See it as a strength.  
The Education Support counsellors  
are not judgemental and you can tell  
them anything. It really helped me. ”  
Elizabeth, teaching assistant

**[educationsupport.org.uk/helpline](https://educationsupport.org.uk/helpline)**

**Free and confidential emotional support  
for teachers and education staff.**

