

**If you need to talk
this summer
You're not alone**

**Call us.
We'll listen.
08000 562 561**



“ 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

Free and confidential emotional support
for teachers and education staff

