

At Purston Infants School, all the adults around you think that your health, safety and welfare are extremely important. We want you to know that we can help and protect you if you need help or support with anything that is upsetting you or worrying you.

## If you feel:

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- sad about anything at school
- sad about anything at home
- worried about anything at school •
- worried about anything at home
- Scared of someone or something at school •
- Scared of something or someone at home •

## Or:

- If anyone has hurt you
- If anyone has said something to upset you
- If someone has made you feel angry

Then these are the adults you can talk to:

- Your Teacher or Dinner lady
- Mr Barnett
- Mrs Gascoyne
- Mrs Dyas





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- Tell an adult
- Tell a parent/carer
- Write it down and put it in the worry box •
- Ask someone to write it down for you and put it in the worry box.

Never keep something that is worrying you or making you feel sad to yourself

We will:

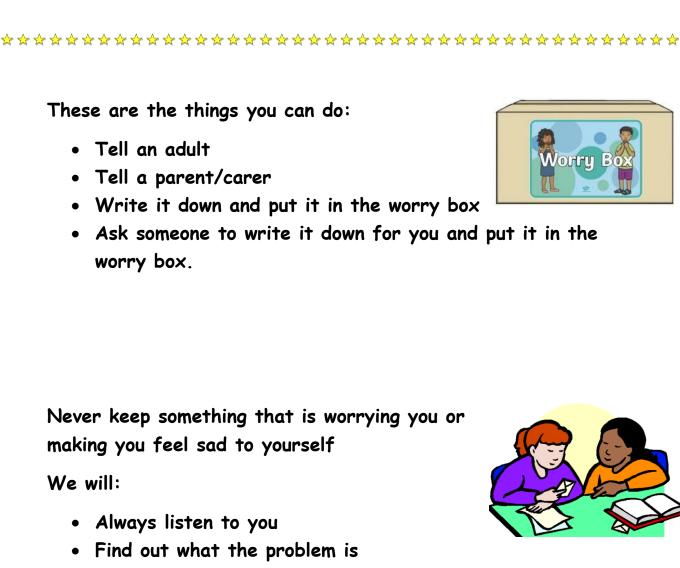
- Always listen to you •
- Find out what the problem is
- Do all we can to help solve the problem •
- Keep you safe •
- Tell other adults who can help you if we need to •

Always remember to ask for help if you need it

We will always be there to listen!

Below are some Telephone numbers and websites you can contact if you are worried or scared, don't ever keep those feelings to yourself, and always ask for help.

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Worry



fighting for young people's mental health

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