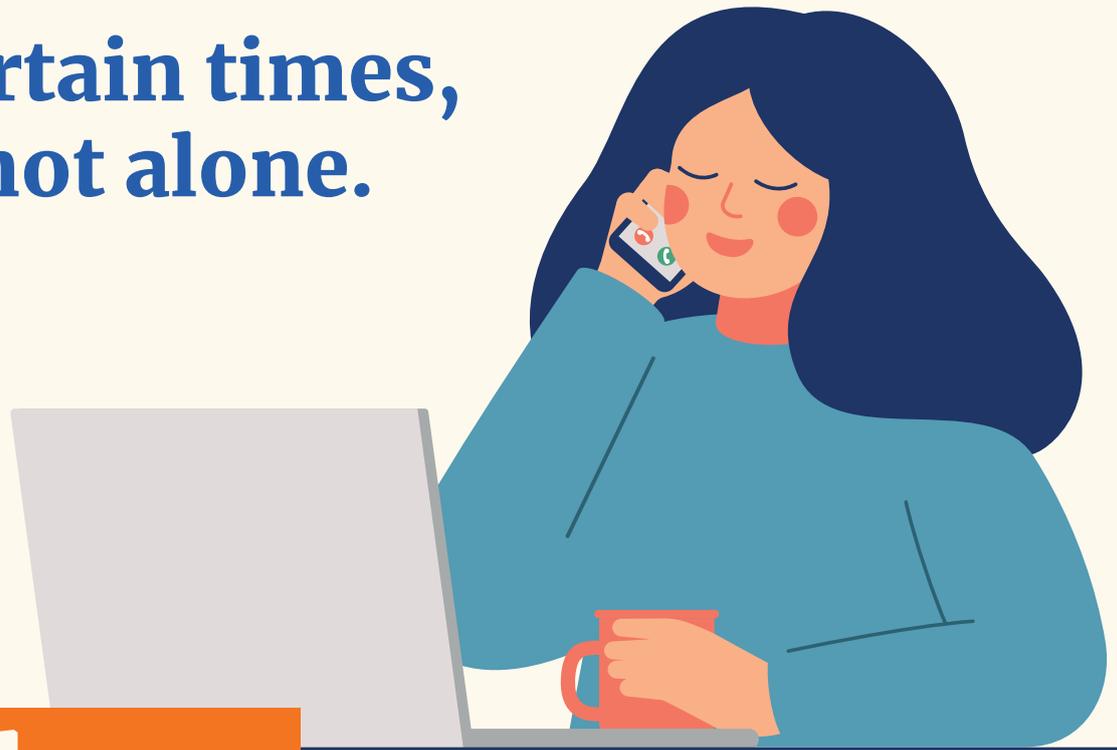


**In uncertain times,
you're not alone.**



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We'll listen.**

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“ **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.**

