

ALL I ASK

HOW TO HELP A WORRIED MIND



“ Talk to me if you think I need help ”

All I ask is that you **read our guide**

With messages from young people to parents, carers & teachers

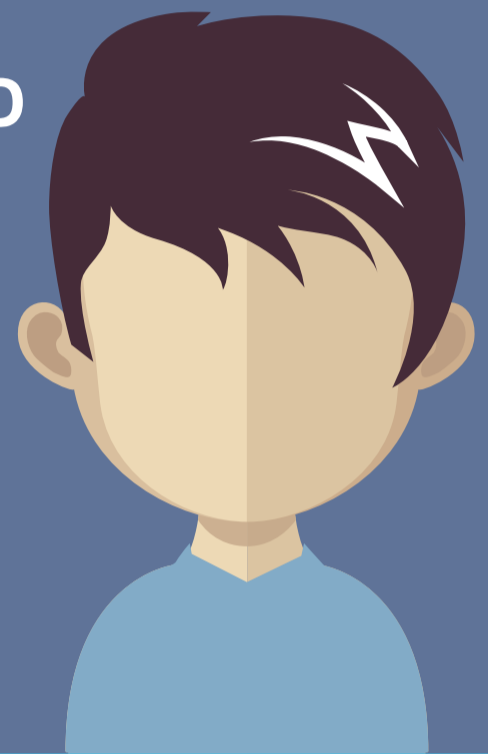
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ABOUT MENTAL HEALTH

ALL I ASK

HOW TO HELP A WORRIED MIND



“ Understand that things can sometimes get too much ”

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ABOUT MENTAL HEALTH

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“ Give me some time when things get too much ”

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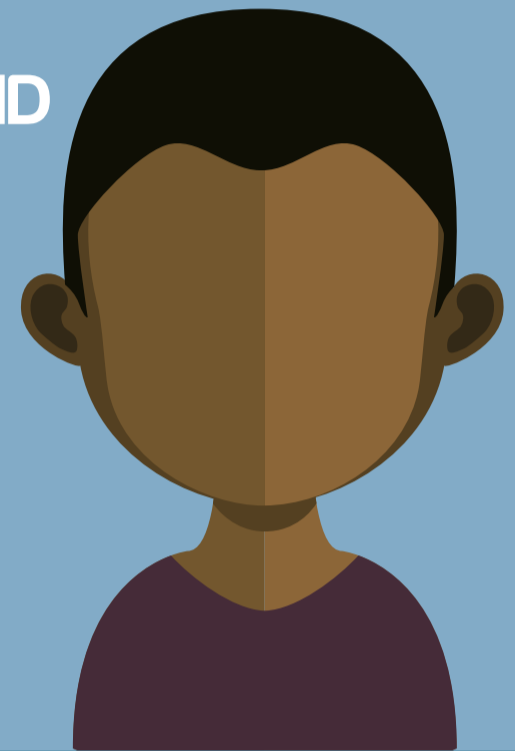
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“ Listen to me when
I use my voice ”

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“ Don't make me feel guilty ”

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“ Help me to work out how I can address my problems ”

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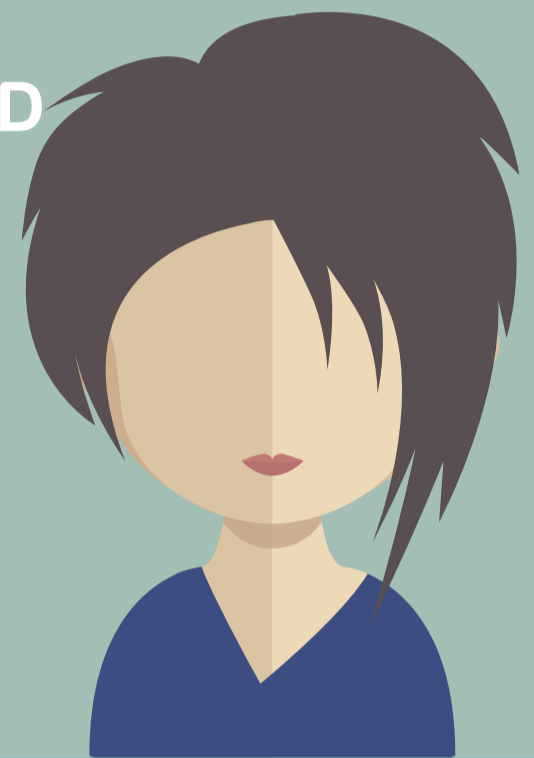
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“ Teachers...remember, your subject is not the only one I’m studying ”

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