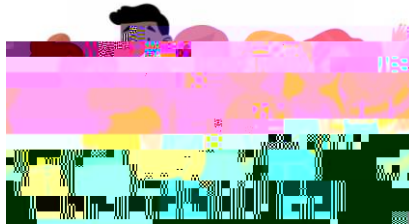
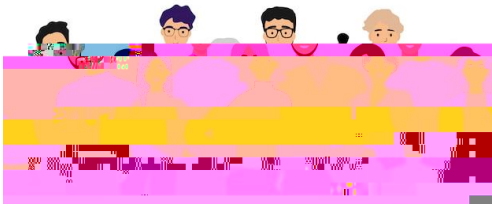




Family



Friends



Colleagues



Teacher/tutor



Doctor



Counsellor



Samaritans



Community
Mental Health
Team



Mind



NHS

What are the benefits of speaking to someone you know?
What are the benefits of speaking to a professional or
someone else?

