

**How are  
you?**



**You are  
not  
alone**

**Are you OK?**

**Are you REALLY OK?**

**I wish  
someone  
would listen  
to me**

**I feel like  
I can't  
cope**

**Mental Health Advice Drop In Sessions**

**for pupils in Years 7, 8, 9, 10 and 11 only**

Georgina and Bryan from the Mental Health Support Team (MHST) will be running confidential and anonymous virtual advice sessions via Attend Anywhere video platform in March.

These sessions can be used for advice and information on mental health difficulties and tips to help you feel better.

If you are interested in attending a session please contact Mrs Cox via email [rcox@qegsblackburn.com](mailto:rcox@qegsblackburn.com) you will then be allocated a time slot (20 minutes), a code to use instead of entering your name and you will be sent a link to use to access the Attend Anywhere platform.

When you are signed in you will be in a virtual waiting room, and either Bryan or Georgina will meet you there.

There are 6 slots available on each of the dates given below therefore we will need to operate on a first come first served basis.

**Wednesday 3rd March 14:00 - 15:00**

**Wednesday 17th March 14:00 - 15:00**