



THE FARNLEY
ACADEMY

Feeling **low?**
Feeling **anxious?**
Feeling **stressed?**

Sometimes you just need to talk...

...and we are here to listen



Do you need to talk?

Use the **! Tell Us** button on the school website
or speak to any member of staff.

Ambitious, Resilient, **KIND**



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It's **OK** to
ask for help

and it's OK to talk about your feelings....

...so remember, you are not alone
and we are here to help



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Ambitious, Resilient, **KIND**



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No matter how
large or small
your worries, **they're
better shared....**
**....we're always
here to help**



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Marching on together!
Because you **don't**
have to cope with
your worries alone

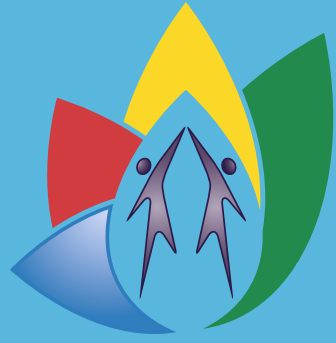


Whatever is troubling you,
we can deal with it together

Do you need to talk?

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Sometimes **boys**
need support too



Whatever is troubling you,
we can deal with it together

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Are **exam worries**
making you feel
anxious or stressed?

This is normal



Whatever is troubling you,
we can deal with it together

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