

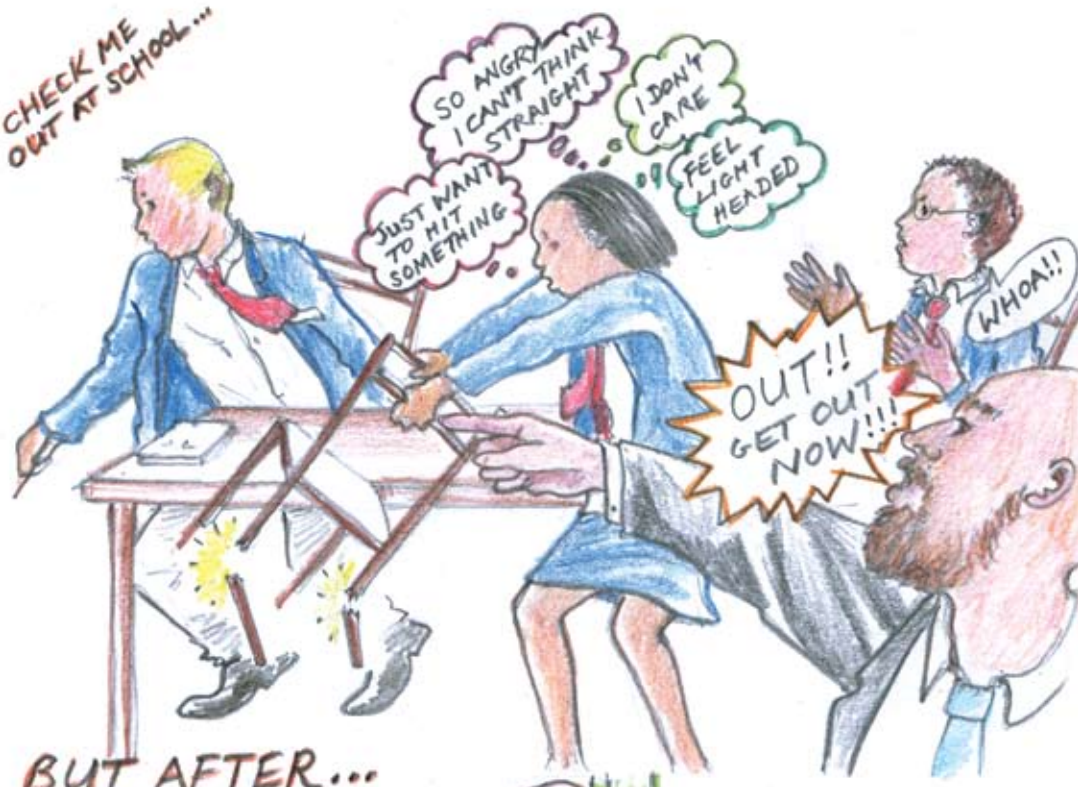


MY NAME IS

JESS

THIS IS MY STORY

CHECK ME OUT AT SCHOOL...



THIS IS MY BAND- AND ALSO MY BEST MATES. JOE, ALICE & JAS ...

BUT AFTER...



TIME TO MEET MY FAMILY.
IT'S NO ONE'S FAULT, BUT WE JUST DON'T GET ON
ANYMORE. DAD'S AWAY A LOT, SO HE JUST WANTS TO
CHILL OUT WHEN HE'S HOME.
MUM CAN'T COPE WHEN HE'S AWAY, SHE'S A REAL STRESSHEAD.
AND MY PERFECT OLDER SISTER NAOMI CAN DO NO WRONG...



BUT...



LATER...



THEN...
SOMEONE NOTICED.



SCHOOL COUNSELLOR?
WHOA...



ANGRY PEOPLE OFTEN FEEL
THEY HAVE NO CONTROL OVER THEIR
LIVES, AND CAN'T SEE
HOW TO CHANGE THINGS -

For more information log onto:

www.mind.org.uk

www.youngminds.org.uk

www.getconnected.org.uk



For better
mental health

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