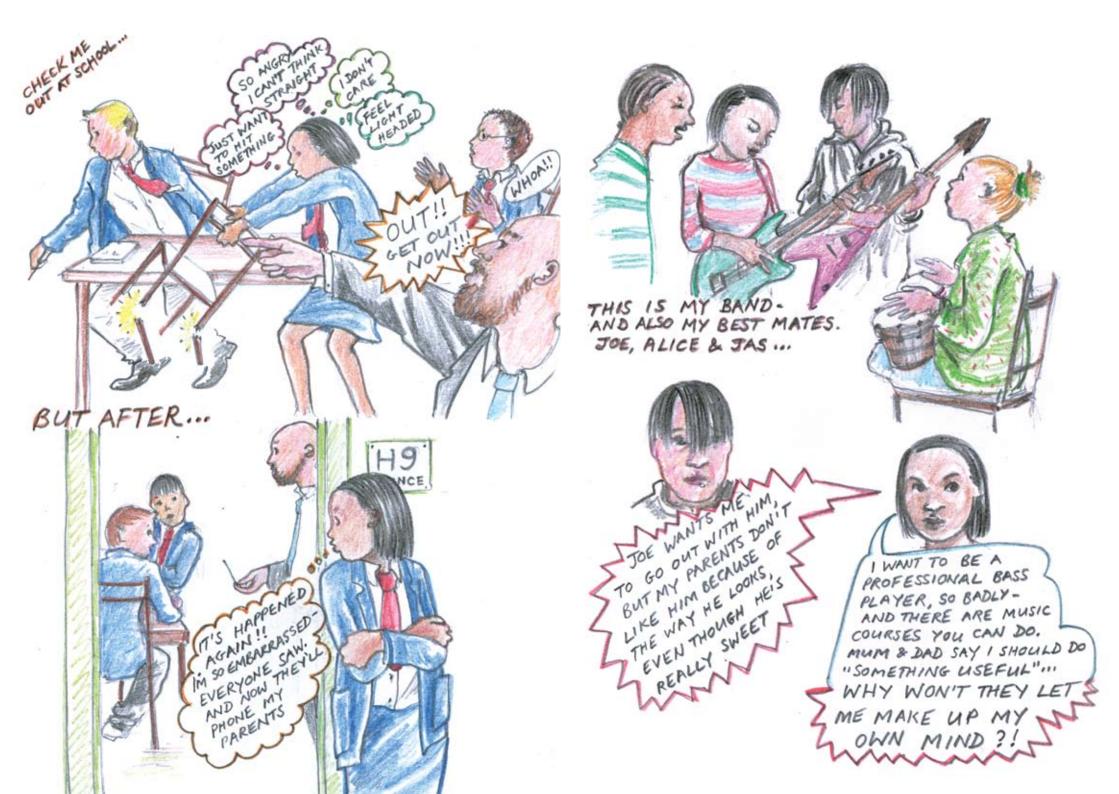


MY NAME IS

JESS

THIS IS MY STORY



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

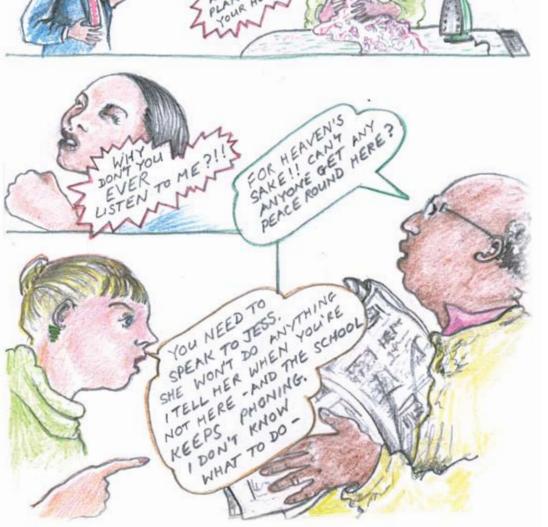
CHILL OUT WHEN HE'S HOME.

MUM CAN'T COPE WHEN HE'S AWAY, SHE'S A REAL STRESSHEAD.

AND MY PERFECT OLDER SISTER NAOM! CAN DO NO WRONG...

BULLS

WE'T! FINITE NOONE'S BOOK TO BE SOLVED TO BE SOLVED







## SCHOOL COUNSELLOR?



SUPPORT IF YOU NEED IT.
WOULD YOU LIKE TO GIVE IT A GO?



THAT WAS A COUPLE

OF MONTHS AGO, AND I FEEL

SO MUCH BETTER, THE SCHOOL

ALSO FIXED FOR STEPH - SHE WORKS

WITH FAMILIES - TO MEET WITH

ALL OF US. SHE'S HELPING

MY FAMILY TO START

TALKING TO EACH OTHER AGAIN.

THIS N'T LOOK BADE
THERE'S A WHOLE
THERE'S A WHOLE
THERE'S A WHOLE
THERE'S MENT SKILLS
MANAGEMENT
BITTOO.

YOU SEE, DAD-

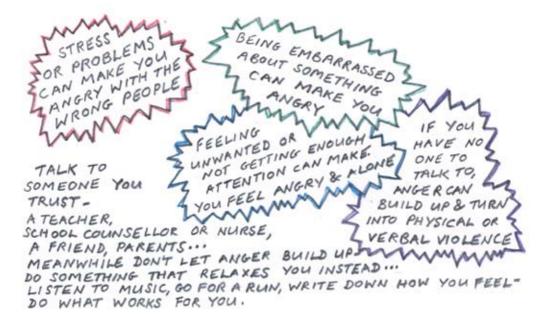
ANGRY PEOPLE OFTEN FEEL
THEY HAVE NO CONTROL OVER THEIR
LIVES, AND CAN'T SEE
HOW TO CHANGE THINGS -

## For more information log onto:

www.mind.org.uk

www.youngminds.org.uk

www.getconnected.org.uk







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