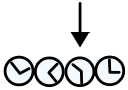
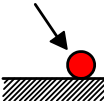


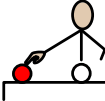

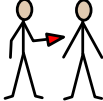

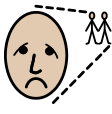



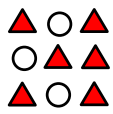





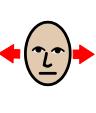

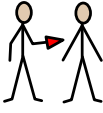









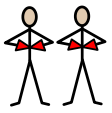






Staffordshire  Emotional  health  and  well-being  service

 Sometimes  there  can  be things  that  worry  you,

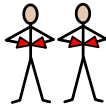

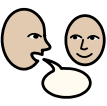
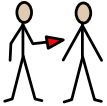
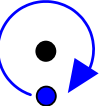
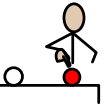



 feeling sad  lonely  angry  or frightened  are  common  feelings.


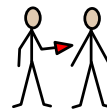


 People  at  school  might  not be  nice to  you  or maybe

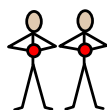
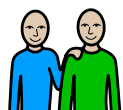

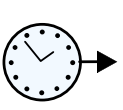
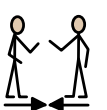
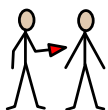


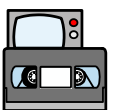
 people  are  arguing  a lot  at  home .



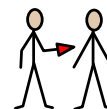

 We  can  also  be upset  when  things  change, or

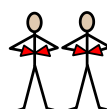
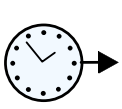

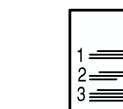
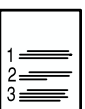
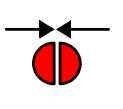



 someone  goes away  or dies .

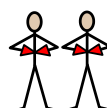


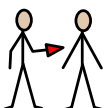
 We  can  talk to  you  about  this  and  find  ways of

 helping  you  feel  better.

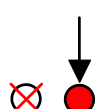



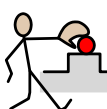

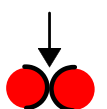
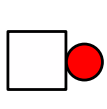
 Our  friendly  staff  will  meet  you  or  have  a video

 call  if  you  want.

 We  will  make  a  plan  together  of the  fun  ways

 we  can  help  you.

 You can  ring  us  or  ask  your  family,  teachers or

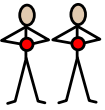
 other   workers  to  get  in  touch  by :



phone 01782977877



email StaffordshireEWB@actionforchildren.org.uk



Our website is <https://www.staffordshire-ewb.actionforchildren.org.uk>