



### Don't Struggle Alone

No one has been untouched by the crisis we are going through and it would be quite normal to feel anxious at this time.

If you are struggling with anxiety or stress due to lockdown, feeling isolated, lonely, worried about your future, have experienced a bereavement, a job loss or family breakdown during this time and need some support.

The Harrow Schools Counselling Partnership is here to help you. We support children, young people, parents and staff who might be struggling and just need someone to talk to. It maybe that you just need a one off conversation to offload or more long-term support which we can currently offer over the phone or zoom

If this is you then please get in touch

Contact Toni Medcalf

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