

FEELING

CRAP

ABOUT

SCHOOL?



**"YOU'RE  
NOT ALONE.**

YOU CAN  
**GET**  
THROUGH IT"

Lots of issues in life  
make school hard.  
Telling someone you  
trust can be the start  
of things getting  
better for you.

Get advice and  
hear from other  
young people:

[www.reach.scot/feel-worried](http://www.reach.scot/feel-worried)  
[advice@reach.scot](mailto:advice@reach.scot)

**REACH**