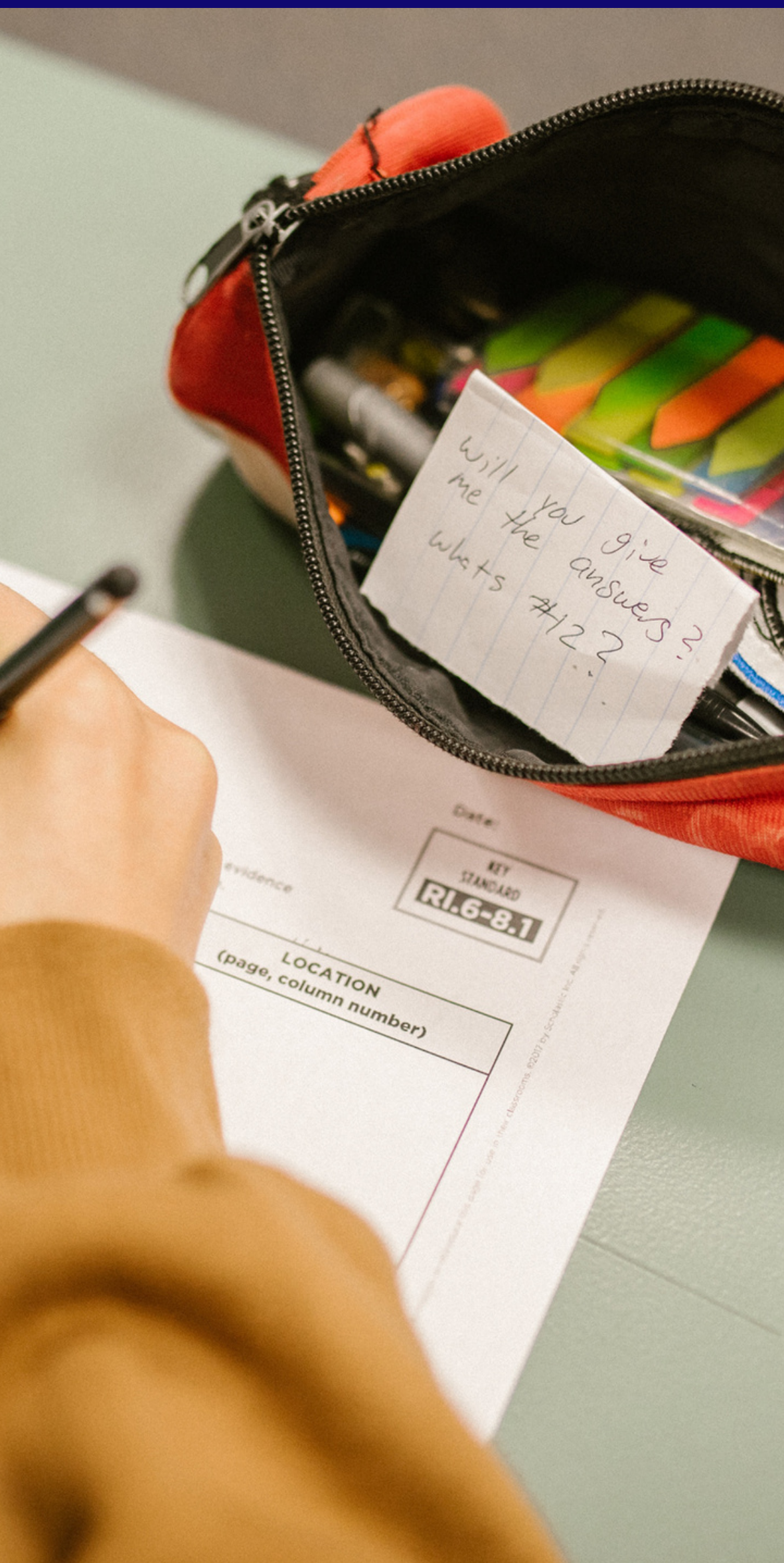


# EXAM PRESSURE

DO YOU NEED SOME HELP AND SUPPORT?

WHY NOT MAKE A TELEPHONE  
APPOINTMENT TO CHAT WITH ONE OF OUR  
COUNSELLORS



## Are you?

- 01** Aged between 11-25 years ?
- 02** Looking for some help and support?
- 03** Wanting to chat with a counsellor about something that is worrying you?

NO LONG WAITING LISTS

Access a counsellor  
quickly

To make an appointment visit

[number22.org/support22/](http://number22.org/support22/)

or

scan the QR code



Scan me!