

Take life by the reins



Suffolk
New
College



Now that college is closing for the summer,
the Student Support Team would like to wish you
all the best for your future.

Some of you we will see again soon and some will be
heading off to pastures new – but whatever you are
doing, always do your best.

Some external support services you might continue to find useful.....

- Samaritans: 116 123 (local call rate)
- Childline: 0800 1111 (free to call)
- 4YP: 01473 252607 (local call rate)
- Emotional Wellbeing Hub: 0345 600 2090
(local call rate)
- Hopeline - 0800 068 4141 - text 07786 209697 or
email pat@papyrus-uk.org
- Cruse Bereavement Care - 01473 230888
- Young Minds - text YM to 85258
- Suffolk Wellbeing Service 0300 123 1503
<https://www.wellbeingnands.co.uk/>



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you don't
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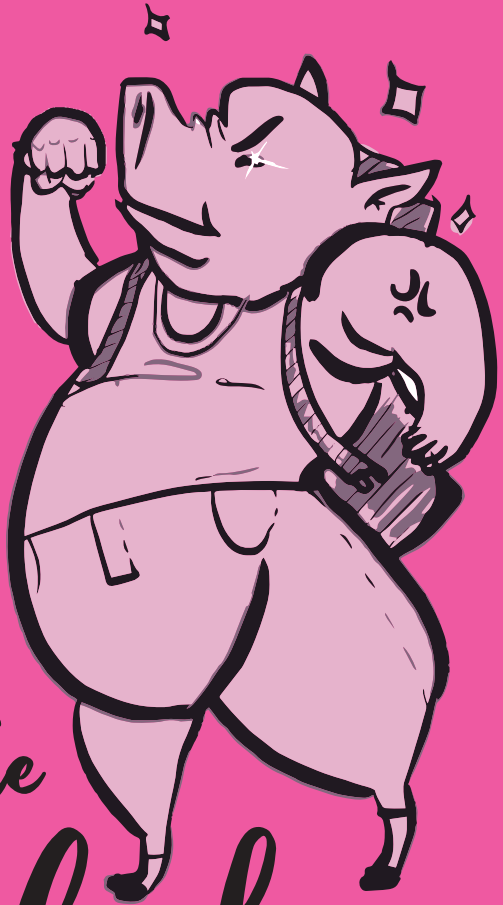
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