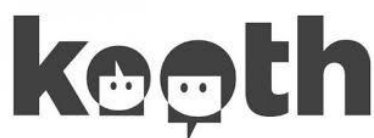


TUESDAY  
FEBRUARY

21<sup>ST</sup>

# HELP OUR STRESSED TEENAGERS EVENT

Selkirk High School  
Assembly Hall  
7pm - 8.30pm



## Hear from Guest Speakers:

1. **Mental Health Ambassadors** - Open event/ Share feedback from surveys
2. **See Me** - Signs to watch out for / Mental Health conditions
3. **Jane McDonnell** - Harris Trust
4. **Angela Freeman Quarriers** - How parents/ carers can support teenagers
5. **Kooth/ Togetherall** - Online support available

## PRESENTED BY SHS MENTAL HEALTH AMBASSADORS

COME AND GET PANCAKES AND REFRESHMENTS  
ALONGSIDE VISITING STALLS HELD BY LOCAL MENTAL  
HEALTH ORGANISATIONS!

