

To Someone Who Cares,

Dear someone who cares for me,

Recently I have had a lot of worries. I am not coping well and I think I need help. I hope you will be able to support me and perhaps point me in the right direction to get the help I need as I don't know where to turn or what to do next. I am struggling and feeling very anxious.

I feel so relieved to tell someone about my problems. Please can you help? I have been using the Youth Hub of the charity No Panic and they have advised me to reach out.

Thank you for your understanding