



NEED TO TALK? DON'T WALK ON. WE'RE HERE TO HELP.

It's not always easy to ask for help.
Reaching out for support can be hard.
But talking things through really can help.

Each year, the CLD Trust helps
hundreds of young people in
Herefordshire with their emotional health.
Often, you already have the answers.
You just need a little help to find them.

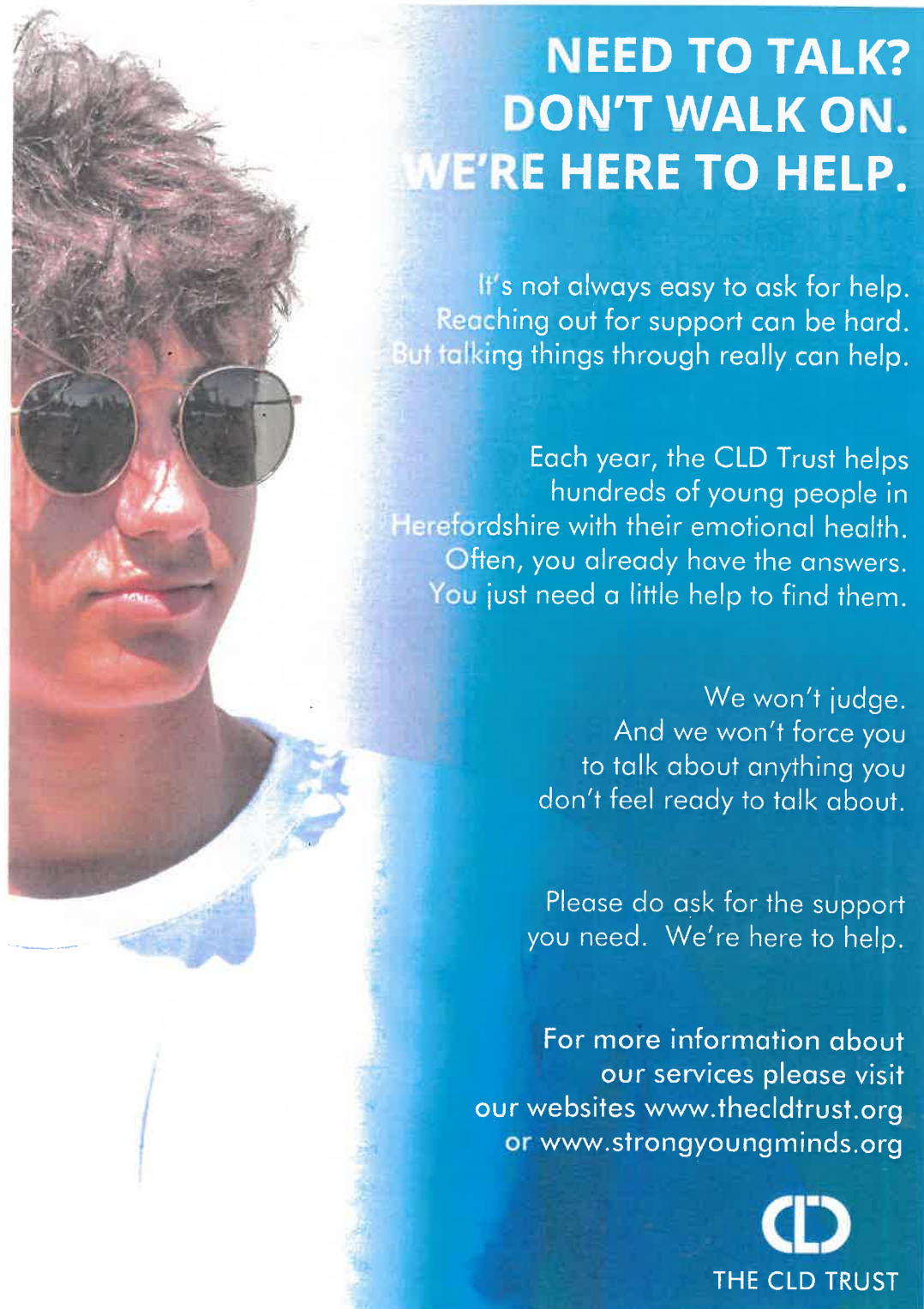
We won't judge.
And we won't force you
to talk about anything you
don't feel ready to talk about.

Please do ask for the support
you need. We're here to help.

For more information about
our services please visit
our websites www.thecldtrust.org
or www.strongyoungminds.org



THE CLD TRUST



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