

SPEAK UP SPACE

www.speakupspace.org.uk

- ➡ **Understand how you feel**
- ➡ **Find coping strategies**
- ➡ **Get confidential support**
- ➡ **Speak up**

Available 7 days a week



**Confidential
Instant Messaging Service
For Young People living in
Stoke-on-Trent**

visit www.speakupspace.org.uk

