

# PERSONAL DEVELOPMENT LESSONS, UNIT 2 - EMOTIONAL WELLBEING



St Antony's  
Roman Catholic School

Respect † Love † Integrity † Service † Resilience

# Y11 UNIT 2 – MAKING BETTER CHOICES SUPPORT & SIGNPOSTING

## Further Support

Speak to a tutor, head of year or other trusted member of staff in the school

Contact Childline [www.childline.org.uk](http://www.childline.org.uk) 0800 1111

Visit [www.youngminds.org.uk](http://www.youngminds.org.uk)

Visit [www.samaritans.org](http://www.samaritans.org) or call 116 123

