

My Name _____ My School _____

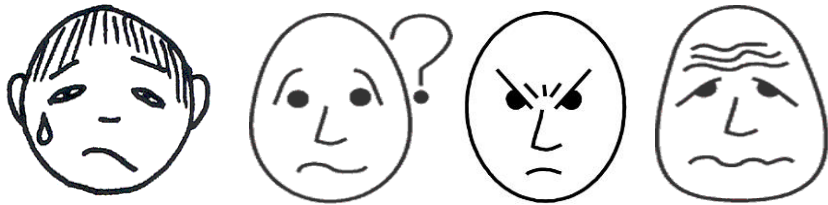
Class _____ Date _____

I would like help from Time 4 Me

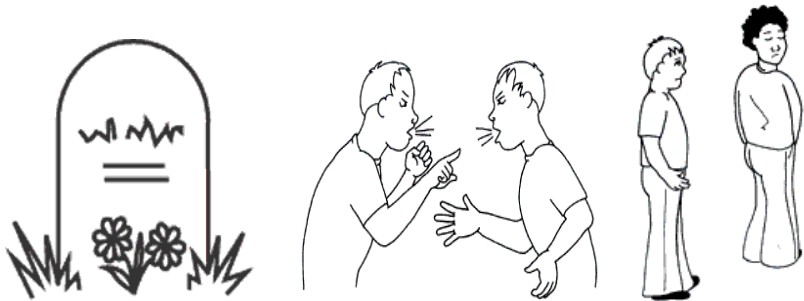
I know mum, dad, (or the person who cares for me) needs to agree before I can come to Time 4 Me

I would like help because....

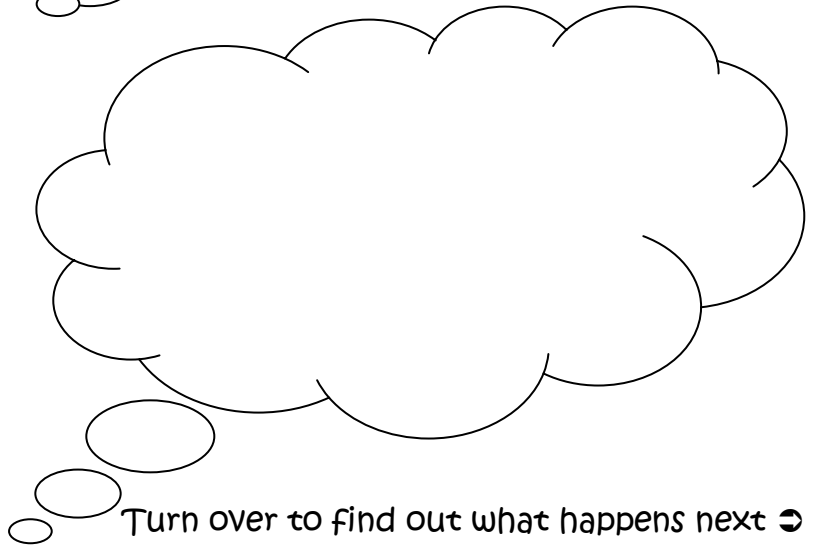
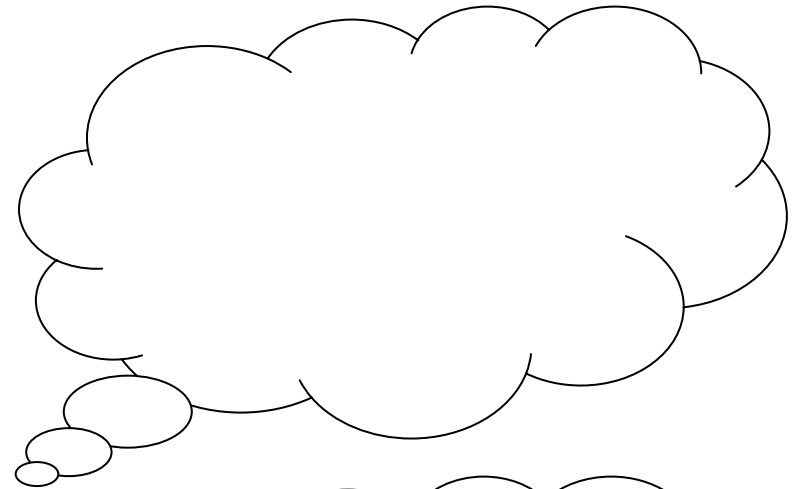
Draw around a face to show why



Or choose a picture to help show why you want help



You can also draw a picture or write some words to show why you want support



Turn over to find out what happens next ➡

What happens next...

- The Time 4 Me Counsellor will meet you.
- You tell the Counsellor what is tough and why you want help.
- The Counsellor will listen and decide if Time 4 Me is the right sort of help for you.
- If Time 4 Me help is right then the Counsellor will talk to your mum/dad/carer to check if they agree.
- If they agree the Counsellor will meet with them and arrange for you to come for support each week.
- Most problems get sorted out in 6 – 12 weeks.



Time 4 Me

Pupil Support Request

If you are in Year 5, 6 or 7 you can use this form to show us that you would like some help.

When you have filled it in put it in the envelope and give it to your class teacher.

