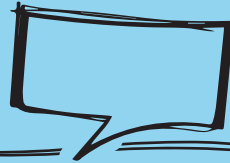


Who to talk to



Communication skills podcast
Unstoppableteen.com Episode 44



Places to call or visit for support with a range of issues
See our Here for You poster for programmes and contact details



Call any of the programmes from our Here for You flyer, including Connexions, Leicestershire Cares and Prince's Trust

Researching different pathways



General Pathways options (from DfE)
www.youtube.com/watch?v=f_xAQQNi4pA

Apprenticeships
www.youtube.com/watch?v=NyjJcECZNt8

University vs Apprenticeship
www.youtube.com/watch?v=ygtpPOHPFgo

T-Levels
www.youtube.com/watch?v=Egh-dKw_H7M



Pathways poster included in the box.
Also visit PS16, www.ps16.co.uk to see local courses available.



Call Connexions on 0116 454 1770 or text 07422128278
Quote VBYF708

It always
seems impossible
until it's done.
- Nelson Mandela



Understanding fear of the future



Managing your worries 3 min guide
www.bbc.co.uk/programmes/p03rwr72



Read about anxiety, fear & panic
www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic



Call Samaritans on 116 123

Creating Headspace



Radio Headspace
www.headspace.com/blog/2015/01/06/introducing-radio-headspace



Read about how mindfulness can help reduce stress
www.nhs.uk/conditions/stress-anxiety-depression/mindfulness



Call welistenservice.co.uk on 0800 193 5478

Looking for inspiration



Radio Leicester Presenters host podcast interviewing Very Impressive People (VIP):
www.veryimpressivepeople.co.uk/podcast/episode/507b2834/4-natalie-and-dan-reynolds-fred-and-noah-childrens-clothing



www.leicesterm Mercury.co.uk/whats-on/whats-on-news/20-famous-people-leicestershire-given-217992

Career quiz/test
www.allaboutcareers.com/careers for inspiration on ideas of jobs

National female inspiration
www.1stwomenuk.co.uk/



Call Prince's Trust on 0800 842 842