

**GRIT:**

GRIT: Grief Resilience and Informed Therapy



**Stand-by-me**  
Griefwork Support

**The Sandbox**

HOW AND HOW EFFECTIVE



**PEES**  
MENTORING





# Headstrong 2024-25

**IT'S OKAY TO  
ASK FOR HELP**



LEARN MORE ABOUT MENTAL HEALTH AND WHERE TO GET HELP







Where to get information about help available:





# Pastoral Support Request