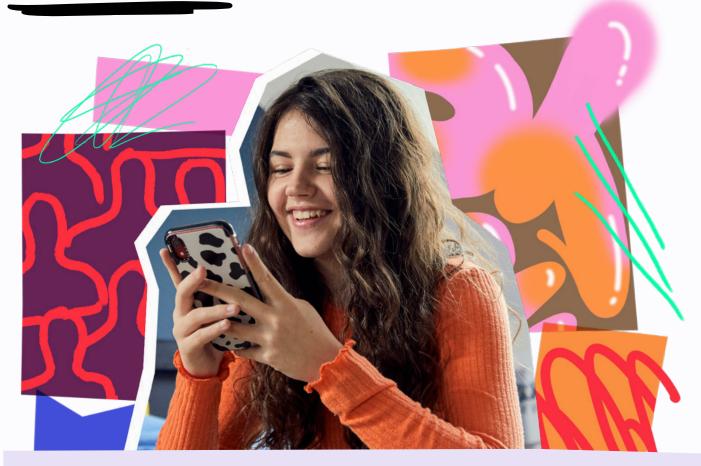
Empowering you''
to tackle loneliness
head on



Building Connections is an NSPCC service created for young people up to the age of 19. Over 11 sessions you'll discover tools that help you find a way through loneliness.

Build SUPPORT. Build CONFIDENCE. Build CONNECTIONS.

Talk to your teacher for more information

Building Connections An NSPCC service