

Hey Guys

Hi. My name is Ellie, I am in year nine.
I am asking you to give a hand.
A helping hand a Hand of Hope.

Hands up if any of you have ever been left out of a group.

Hands up if someone has ever called you a mean name or said something to you that made you feel bad about yourself. How did it make you feel?

Hands up if any of you had a really bad day and went home crying. I know I have.

Hands up if for you some days are better than others.

Hands up if at some time in your life you have felt really sad, or upset, or alone.

Hands up if you have ever felt like nobody cares.

It really helps make you feel better when somebody does care about you.

So if you have ever been upset or sad and felt like nobody cares or you know someone who feels like that, show them that you care, give them a hand.

a Hand of Hope on Triple-D-Day

Defeat Depression Day June 6

the Hand of Hope team partnership resource
offering a hand in hope and friendship to help defeat depression

