

PROOF SHEET



**This PDF is a
LOW QUALITY
file for proofing
purposes only.**

Please check your artwork which is behind this page of the PDF.
Then follow the instructions below to sign off the artwork or
send amendments.

Once you have checked your file and are ready to proceed please reply via email to:
Print Graphics (Internal) / print.graphics@blaenau-gwent.gov.uk (External)

On the email

- 1. If you require amendments:** Adding/attach any new text/image files/requirements etc and send to us.
- 2. If its ready to sign off:** Send your requirements for printing along with your **COSTCODE** or if you require a digital file your required format (**Print File, Web File** or both)

Please remember to send your **Cost Centre**
with the email if you require printing

What if no one is available to help me?

If you feel you have no one to turn to in an emergency or crisis there are people you can contact who will listen and help.

PLEASE TALK TO SOMEONE ... IT WILL MAKE YOU FEEL BETTER.

THE MIX

You can text free and anonymously from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. You might receive a notification that you will be charged but if you're with one of the networks above ignore this - you won't be.

Tel: 08088 084994 Crisis Text: 85258 Web: www.themix.org.uk

SAMARITANS

This telephone number is FREE, you will not be charged and you don't need credit to call. Email response is within 24 hours.

Tel: 116123 Web: www.samaritans.org

YOUNG MINDS
childline

Texts are FREE from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Text: YM to 85258 Web: www.youngminds.org.uk

Texts are FREE from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Tel: 0800 1111 Web: www.childline.org.uk

Don't suffer in silence!
Get in contact, it's good to chat

