



Axia  
Solutions

# How is your emotional health?

Everyone experiences difficult feelings  
from time to time

## Please don't struggle in silence

If you are struggling or going through a difficult time please speak with your Axia trainer or tutor who will listen and offer emotional support.

Alternatively contact the Axia  
Safeguarding Lead - Yvonne  
Licata on **01782 572777** or  
**[yvonne@axia-solutions.com](mailto:yvonne@axia-solutions.com)**

