Hi guys

Welcome back today I want to talk to you about support.

So I have been a sufferer of anxiety for six years now and that’s a really long time but that’s just something that I deal with and I wanted to talk you about the support out there at uni and at high school that can really help you to get to where you want to be for your future.

So during high school through counselling services and I talked to my teachers and it did take me a little while to get there but once I was really able to fully grasp what was going on and being able to accept within myself that things were wrong and I needed to speak to people it really helped me.

So making sure that you guys know that you’re not feeling right and being able to talk to your teachers, your coordinators and even the school counsellors is really important because if you want to get somewhere in life if you want to go uni or you want to get a job out there or an apprenticeship or anything making sure that you have the right support services out there is really important.

So I went through counselling during high school and now at uni and I feel like when those days that are really rough and you have an assignment due and you are just like no I can’t, I can’t deal with this right now and you’re able to talk to those people and really be able to get you through that time.

It’s really important and I can’t stress that to you guys enough.

So I just wanted to let you guys know that there is help out there and they’re only there, they’re there for you, they’re there to help you and I’m hoping that by watching this video you guys realise that you may be doing an assignment right now going what do I do I can’t do this I am so stressed out you need to be able to talk to those people.

Thanks for watching I’ll see you next time bye!