



**You  
are**

**not**



**alone**

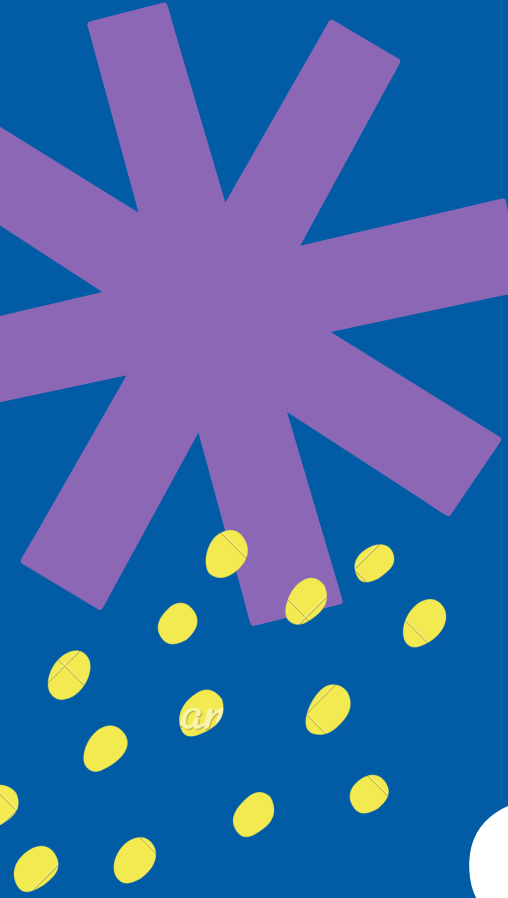


**School  
Counselor  
will be  
there for  
you.**

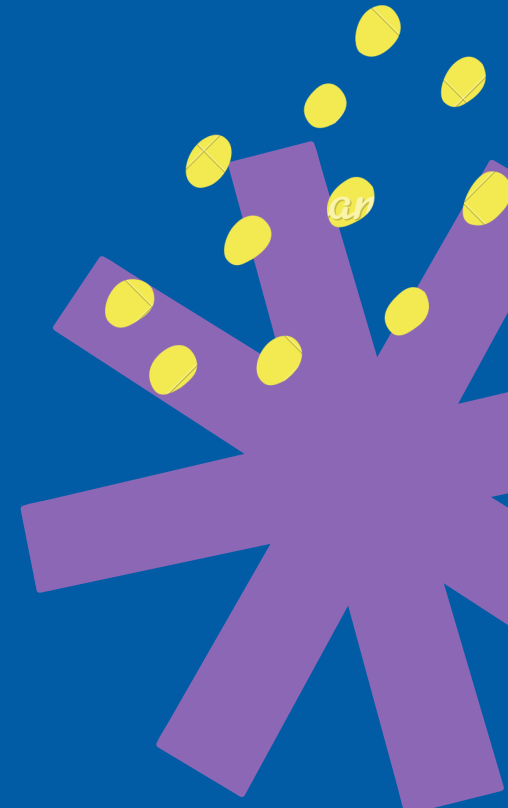
A heart to care, ears to listen, time to give, ideas to share and an open mind.

What do you have that can help me?





**Speak out and  
seek help.  
It's okay  
to ask for it.**



**Write to us at [counselor@rameesh.org](mailto:counselor@rameesh.org)**

