

YOU ARE  
STRONGER  
THAN  
THINK YOU



DO YOU NEED HELP FOR YOUR PERSONAL, FAMILY  
OR SCHOOL-RELATED DIFFICULTIES?

**YOU ARE NOT ALONE!**

YOU ARE  
STRONGER  
THAN YOU  
THINK

**CePAS**

Centre psycho-social et d'accompagnement scolaires

**100** JOER  
**TUNEL**

100 ANS D'ÉDUCATION EN LUXEMBOURG

**iii** CNEL  
Conférence Nationale  
des Éèves du Luxembourg

”  
jugend  
parlament.lu“



**TAKE THE PLUNGE!**  
OTHERS HAVE DONE IT BEFORE YOU  
AND IT HELPED THEM.

**YOU CAN ASK FOR SUPPORT FROM:**

Your family, your friends

The SePAS or the SSE of your school

The Helpline 8002-9393 / ONE - CePAS

The Kanner-Jugendtelefon: 116111 / [www.kjt.lu](http://www.kjt.lu)

Professionals will help you at your pace and  
in complete confidentiality!