

You can't control the journey but  
you can control your actions.

Each decision  
moves you  
forward.



Choose to **RISE ABOVE**  
**YORK**

**R** Remain calm.  
Pause and take  
a breath.

**I** Identify and  
make positive  
choices.

**S** Stay confident  
in your decision.

**E** Express yourself  
to someone  
you trust.

Find support and inspiration at [bit.ly/riseaboveyork](https://bit.ly/riseaboveyork)