

We offer young people Mental Health Support in Schools

Support with...

Anxiety

Worry

Low Mood/sadness

Exam Stress

Frustration / Irritation

Negative Thoughts

Panic

Support by...

Cognitive Behaviour

Therapy

Evidence Based

Interventions

Talking Therapies

Current Treatments

**Speak to a
member of
school staff
today!**

(Even if you think it is something
else, still speak to a teacher to
discuss your options)