

How to deal with ...

Stress, Anxiety and Low Mood

Course For Young People

Would you like to feel better about life?
Do you feel stuck and need some tips
on how to move on?

If you're in school years 7 and above then
our 6 week course could be for you!

6 sessions cover...

- What stress, anxiety and low mood actually are
- Strategies to feel better
- How to deal with setbacks
- Planning for a brighter future

Starts week beginning 6 June 2022!

Virtual

Mondays 6-7pm

MS Teams

Chesham

Thursdays 5-6 pm

Chesham Youth Centre

HP5 2HA

Book a place before 23 May at:

earlyhelpduty@buckinghamshire.gov.uk

For more information please visit

familyinfo.buckinghamshire.gov.uk/familysupport

"I have learnt helpful coping mechanisms to deal with my anxiety and know that help is available should I need it."

