

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 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 28 February!

Virtual

Tuesdays 6-7pm
on MSTeams

Amersham

Tuesdays 5.30-6.30pm
'No.5' Chichester Row
Amersham

Book a place before 14 February 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."

