

Feeling anxious or down? This could help...

Our online workshops can help you understand your feelings and how you can deal with them:

Dealing with Feeling Anxious First Monday of every month, 5-6pm

Dealing with Feeling Down Third Monday of every month, 5-6pm

(Excluding Bank Holidays)

- Based on established research
- How thoughts, feelings and behaviours can lead to you feeling stuck
- Live and interactive, giving you the chance to ask anonymous questions which will be answered during the session

Online webinar

For: Ages 13 - 15

Ask a professional for a referral, this can be your teacher, school nurse, GP, Family Support Worker*

For: Ages 16 - 18

You can refer yourself by visiting:

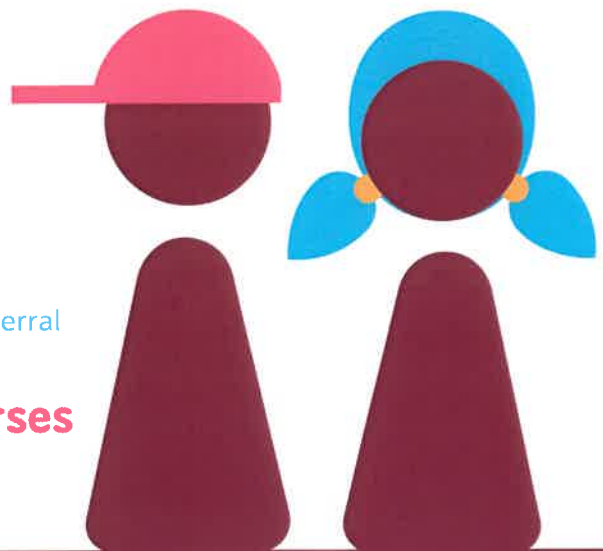
<https://www.wellbeingnands.co.uk/get-support/self-referral>

For more information:

<https://www.wellbeingnands.co.uk/courses>

*Professionals wishing to make a referral, please send to:

nmh-tr.suffolkAccessandAssessmentTeam@nhs.net



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