

EDUCATION WELLBEING SERVICE

**ARE YOU 11 - 18
YEARS OLD AND
ATTEND SCHOOL?**

DO YOU OFTEN FEEL PANICKED?

**ARE YOU LESS
INTERESTED IN
ACTIVITIES YOU
USED TO ENJOY?**

**ARE WORRIES BEGINNING TO
IMPACT YOUR DAILY LIFE?**

**DO YOU STRUGGLE
TO GET UP IN THE
MORNINGS OR TO
FALL ASLEEP AT
NIGHT?**



**DO YOU OFTEN
OVERTHINK?**

**DO YOU FEEL
ANXIOUS IN
SOCIAL
SITUATIONS?**

**HAS YOUR
MOTIVATION TO
ENGAGE WITH
SCHOOL WORK
DROPPED?**

**AN NHS WELLBEING PRACTITIONER
BASED AT YOUR SCHOOL
MAY BE ABLE TO HELP YOU!**

**KYLA & LEVINE ARE BASED AT
GREENSHAW ON WEDNESDAYS,
THURSDAYS AND FRIDAYS.
DO COME AND SAY HELLO &
ASK ABOUT THE SUPPORT WE
PROVIDE!**



**VISIT OUR YOUTUBE
CHANNEL **CHILDREN &
YOUNG PEOPLE'S
WELLBEING SERVICE**
FOR WELLBEING VIDEOS**

**WE OFFER:
1:1 GUIDED SELF HELP
SUPPORT FOR
ANXIETY OR LOW MOOD.**

**6-8 WEEKLY SESSIONS TO HELP
YOU TO BETTER UNDERSTAND
YOUR DIFFICULTIES AND YOUR
OWN MENTAL WELLBEING.**

**OR ASK
MRS MILES
FOR OUR APPLICATION
FORM**

