

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?**

**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!**



**VISIT OUR YOUTUBE
CHANNEL [CHILDREN &
YOUNG PEOPLE'S
WELLBEING SERVICE](#)
FOR WELLBEING VIDEOS**

**ASK YOUR TEACHER, HEAD OF YEAR, OR
THE MENTAL HEALTH LEAD AT YOUR
SCHOOL FOR MORE INFORMATION. - THEY
CAN HELP YOU GET IN TOUCH WITH OUR
SERVICE!**

**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.**