

Reach4Wellbeing

**I feel anxious and stressed.
What can I do?**

**Keep talking
about mental
health**



**Gain skills to
manage your
emotions**

**Find out
more about
Reach4Wellbeing**

**Improve
your
emotional
wellbeing**

Aged 5-19?

Following a referral we can run groups in your school.

Visit www.hacw.nhs.uk/reach4wellbeing