

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 in your emotions and need some tips on how to move on?

If you're in school years 7 and above then our short, online course could be for you!

We'll be thinking about:

- What stress, anxiety and low mood actually are.
- Strategies that can help us feel better
- How to deal with setbacks
- Planning for a brighter future



6 sessions

Commencing week beginning 22nd Feb

Ages 11-13: Tuesdays 5.30-6.30pm

Ages 14 +: Thursdays 5.30-6.30pm



Online:

MS Teams



To book a place email:

earlyhelpduty@buckinghamshire.gov.uk