

# Reach4Wellbeing

I feel anxious and stressed.  
What can I do?

Keep talking  
about mental  
health

Find out  
more about  
Reach4Wellbeing



Gain skills to  
manage your  
emotions

Improve  
your  
emotional  
wellbeing

Aged 5-19?

Following a referral we can run groups in your school.

Visit <http://www.hacw.nhs.uk/starting-well/reach4wellbeing>