

How to deal with ...

# Stress, Anxiety and Low Mood

## Course For Young People

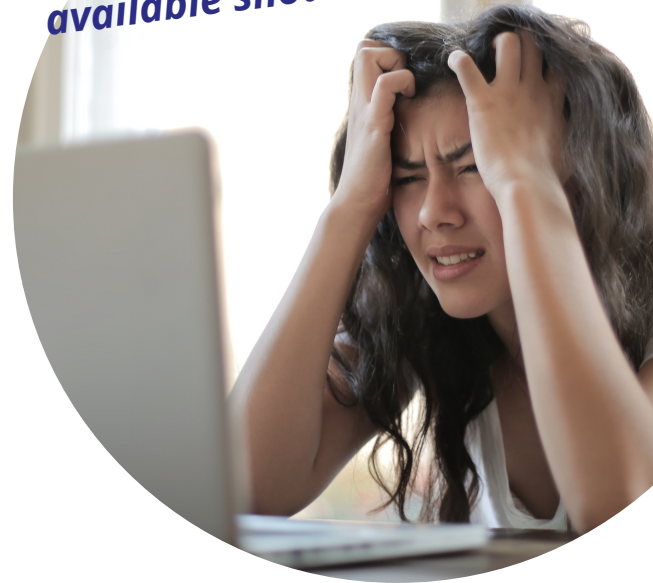
Would you like to feel better about life?  
Do you feel stuck and need some tips  
on how to move on?

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

### 6 sessions cover...

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

*"I have learnt helpful coping mechanisms to deal with my anxiety and know that help is available should I need it."*



**Starts week beginning 25 April 2022!**

### Bourne End

**Tuesdays 3.30-4.30pm**

Bourne End Academy  
New Road, SL8 5BW

### Aylesbury

**Tuesdays 6-7pm**

Elmhurst Family Centre  
Dunsham Lane, Aylesbury  
HP20 2DB

**Book a place before 13 April at**

[earlyhelpduty@buckinghamshire.gov.uk](mailto:earlyhelpduty@buckinghamshire.gov.uk)

**For more information please visit**  
[familyinfo.buckinghamshire.gov.uk/familysupport](http://familyinfo.buckinghamshire.gov.uk/familysupport)

