



## Mental health support for children, young people, and their families



Need support with :

- ## low mood
  - ## anxiety
  - ## stress
  - ## managing emotions
- ???



Our team offer the right mental health support at the right time for children and young people within schools and colleges.



CONTACT US:



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We provide low intensity CBT-based support to children and young people aged 5-18.\* We also work with parents/carers to provide support for their young people.



\*up to 25 years old for care leavers with special education needs or disability



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