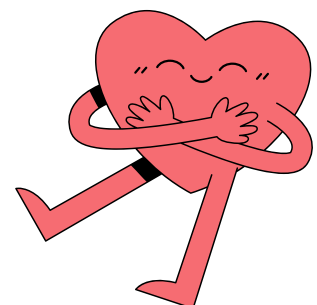
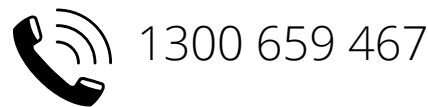
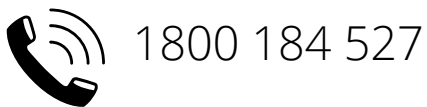
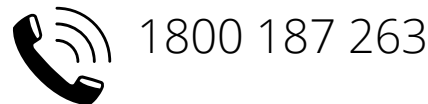
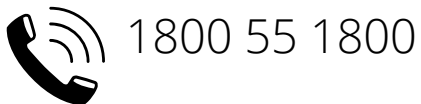
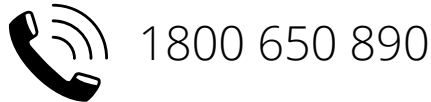
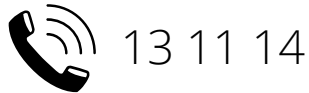


HELPFUL NUMBERS IN TIMES OF NEED
THE QR CODE TAKES YOU STRAIGHT TO THE
WEBCHAT FOR THAT SERVICE



HELPFUL VIDEOS & ACTIVITIES

SCAN THE QR TO HEAD TO THE SITE



3min meditation
*For when you need
to de-stress*



3min guided square
breathing
*For when you're
feeling overwhelmed*



TIPP tool for regulation
*For when you're feeling
intense feelings*



Online colouring in
*To give yourself a
colourful mind break*



10 min yoga
*To relax your body
and mind*



5min self
compassion
meditation
*To take a break from
your self talk*

