## Do you feel

financial pressure lonely

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depressed

stressed



exam pressure





worried

anxious

Torried

Join our 60 minute webinars:
anxiety|coping with loss|low mood
mental health awareness|PTSD|self care



Learn coping strategies



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## wellbeing service for 16-25 year olds





HYPThrive



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www.communitybarnet.org.uk/hypt



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