

Do you feel

financial
pressure

lonely

depressed

stressed

worried



anxious



exam
pressure



low



Join our 60 minute webinars:

anxiety | coping with social isolation |

low mood | mental health awareness | self care



Learn coping strategies



Delivered by a qualified therapist

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#1625wellbeing #HYPTThrive #Hillingdon_YPT**

**wellbeing service
for 16-25 year olds**



HYPTThrive



hillingtoncypthrive@cbplus.org.uk



www.communitybarnet.org.uk/hypt



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webinar dates 2021

January

Tue 12 Jan low mood
Thu 14 Jan self care
Sun 17 Jan coping with social isolation
Tue 19 Jan mental health awareness
Thu 21 Jan anxiety
Sun 24 Jan low mood
Tue 26 Jan self care
Thu 28 Jan coping with social isolation
Sun 31 Jan mental health awareness

February

Tue 02 Feb anxiety
Thu 04 Feb low mood
Sun 07 Feb self care
Tue 09 Feb coping with social isolation
Thu 11 Feb mental health awareness
Sun 14 Feb anxiety
Tue 16 Feb low mood
Thu 18 Feb self care
Sun 21 Feb coping with social isolation
Tue 23 Feb mental health awareness
Thu 25 Feb anxiety
Sun 28 Feb low mood

March

Tue 02 Mar self care
Thu 04 Mar coping with social isolation
Sun 07 Mar mental health awareness
Tue 09 Mar anxiety
Thu 11 Mar low mood
Sun 14 Mar self care
Tue 16 Mar coping with social isolation
Thu 18 Mar mental health awareness
Sun 21 Mar anxiety
Tue 23 Mar low mood
Thu 25 Mar self care
Sun 28 Mar coping with social isolation
Tue 30 Mar mental health awareness