

Young Person's
Wellbeing Service



SOMETIMES LIFE CAN GET YOU DOWN

Stressbusters
is a new
service to help
people aged 10
- 18 years old to
cope with life's
problems



Stressbusters is a new service for people aged 10 - 18 years.

It's there to help you with problems you might face on a day to day basis; at home, in school/college or with your friends.

Along with the guidance provided by the Stressbusters computer programme, you will also be assisted by a support worker throughout the course.

It's a confidential service, easy and fun to use.

These are some of the things Stressbusters can help you with:

- Low self-confidence**
- Getting things done**
- Feeling sad**
- Coping with bullying**
- Exam stress**
- Family problems**
- Problems with friends or relationships**

Stressbusters is available in Stockport and website. Visit our call or email us to find out details of when and where.

For more information please call Self Help Services on 07867 455 913 or email: stressbusterscibt@selfhelpservices.org.uk You can also visit our website for more information:

www.selfhelpservices.org.uk

Self Help Services is a registered charity (No. 1122063) ... a Big Life Charity.

SelfHelpServices
helping people to help themselves

NHS
Stockport

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