

Stress & Worry

practical tips for young people

Are you feeling stressed and overwhelmed? Join Brice, our Mental Health Nurse Practitioner to learn practical skills for staying well.

The 3 sessions will cover dealing with stress and worry, managing our relationships and tackling uncertainty.



WHEN

4th, 11th & 18th
February
4 - 5pm

WHO

Young people
25 and under

SIGN UP



You can join the sessions anonymously and ask any questions you have through a private chat box, with no group interaction required.

bit.ly/FMP-stress-workshop



Frome
Medical Practice
SUPPORTING YOUR HEALTH