

ARE YOU:

Feeling worried, nervous or afraid?
Experiencing racing thoughts?
Avoiding situations that make you worried?
Experiencing butterflies or a stomach-ache?
Feeling sweaty, shaky or short of breath?
Struggling to sleep?
Having difficulty concentrating and making decisions?



These are common symptoms which everyone experiences to some extent. Sometimes these symptoms can overwhelm us and prevent us doing things we'd like to do. The good news is that help is out there to support you with these difficult feelings and symptoms!

The Wellbeing Practitioners at Wellspring Counselling are offering free support to children and young people (aged 11 – 18). This support is known as guided self-help and involves learning and practicing techniques to help you manage these symptoms.

If this is something you're interested in, please contact Krissie on krissie@wellspringcounselling.org.uk

This support is suitable for mild to moderate difficulties with wellbeing or mental health. Unfortunately our Wellbeing Practitioners are not able to work with young people who are struggling with difficulties which are complex, causing high levels of distress or where the difficulties pose a risk to the young person's safety.

Wellspring Counselling is a local charity providing affordable counselling for adults and donation-based counselling for children and young people in North Somerset. Wellspring is only able to provide sessions thanks to donations, grants and fundraising events. If you would like to donate, please visit: <https://wellspringsomerset.btck.co.uk>.

Registered charity number 1042995.

