

**Do you struggle with anxiety, sleep problems
or low mood? Do your worries or mood
impact on your daily life?**

If this sounds familiar then you can come and speak to us!

**MEET YOUR EDUCATION WELLBEING
PRACTITIONER (EWP)**



THIS IS KEZIA

**Kezia is here to offer face to face support to you.
Kezia will coach you with strategies to help you to
manage your worries or low mood.**

*If you are interested in
accessing this free service then
contact Miss Lim or reception for an
application form.*

