



Looking for support with  
your mental health?



The Schools and Colleges  
Early Support Service is  
here to help.



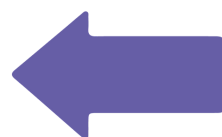
The Service supports young people experiencing mild to moderate mental health difficulties such as stress, anxiety and low mood.



6-8 sessions



Single session



If you are 16-25,  
you can access  
support here.

Or, you can find out more by speaking  
to your school or college's key contact.

Schools and Colleges  
Early Support Service



Anna Freud