



NEVER FEEL STRANDED



As you grow up life can be challenging at times and sometimes you just need that extra support.

At Compass GO... we offer the right mental health support at the right time to help you find your way to wellbeing.

We can help with managing:

- Strong emotions
- Anxiety
- Self harm
- Relationships
- Exam stress
- Low mood
- Difficulties with managing change



*"When we can talk about our feelings they become less overwhelming, less upsetting and less scary"*



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