



# MENTAL HEALTH & WELLBEING SERVICE

Support for Young People aged 5-25



[WellbeingInFife@barnardos.org.uk](mailto:WellbeingInFife@barnardos.org.uk)

@WellbeingInFife

# MENTAL HEALTH & WELLBEING SERVICE

We provide support for young people and their families

- Understand more about your mental health
- Learn skills and strategies to cope with difficult emotions
- Manage worries and anxiety
- Grow positive experiences
- 1-1 & Group support

## Contact us



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