

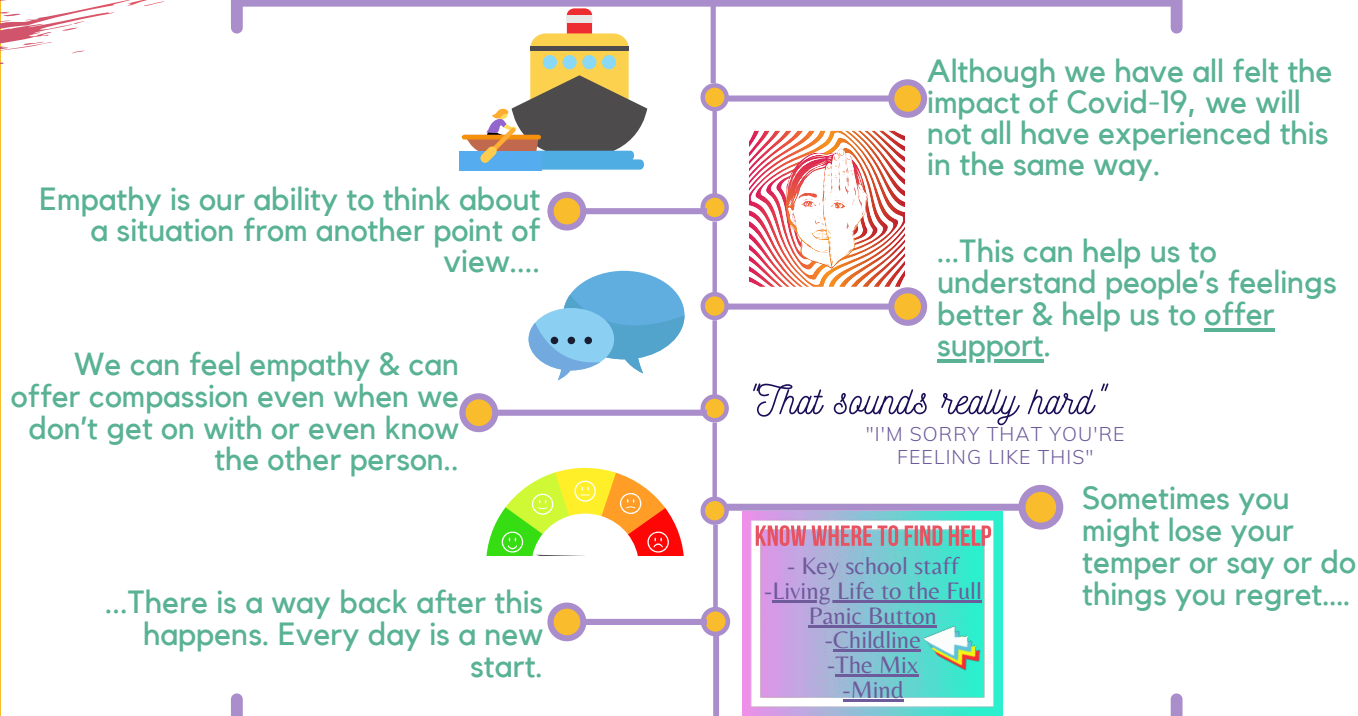
Skills for Recovery

Young People

Week 5...Responding

SUPPORTING OURSELVES & OTHERS

WHAT DO I NEED TO KNOW THIS WEEK?



WHAT CAN I TRY STRAIGHT AWAY?

'Soak in a positive moment'
(Dr Karen Treisman)