

WITH ME MiND



With Me In Mind works with children and young people who need support with their mental health and emotional wellbeing.



We can help with:

- Low mood
- Fears
- Stress
- Worries
- Emotional difficulties.

Did you know that With Me In Mind has an eClinic where you can talk to a worker using instant messaging? We have eClinics for 11 to 19 year olds and for parents/ carers. Use the QR codes to download your FREE app and get an online appointment.



www.withmeinmind.co.uk

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