

#MENTALHEALTH



THIS YEAR'S THEME IS ANXIETY

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

AWARENESS WEEK 15 TO 21 MAY 2023

MENTAL HEALTH

We want you to know that there are services available for children and young people to access in Powys.

CAMHS YOUTH INTERVENTION SERVICE

KOOTH COUNSELLING

YOUTH SERVICE

SILVERCLOUD

MIND

CHAT HEALTH

For any other Emotional Health and Wellbeing Services, please click [here](#) or scan the QR code above.



Powys