



DOES THIS SOUND LIKE YOU OR YOUR CHILD?

I WISH I WAS MORE CONFIDENT..

WHY CAN'T I STOP WORRYING?

WHAT IF I FAIL?

WHAT IF I LOOK STUPID?

I'M WORRIED ABOUT STARTING SCHOOL..

The Offer: 6-8 one to one sessions to help
you feel better!

You would be seen by a YPAS
Trainee Children and Young Persons
Wellbeing Practitioner practising evidence
based interventions in your community

Please contact us for more information



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