

HAPPY? UNHAPPY?

Explore **FACTS** about depression, anxiety and their relationship with stress.

Get ideas on what to say to friends or family who are feeling anxious or low. Exchange tips on looking after your own wellbeing. Discover where to find free support in Islington.

For more information
Emma Charlton, Direct Action Project @ Peel Centre
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020 7837 6082 / 07964 191566

Sessions are for young people and parents groups in Islington.

WHAT'S ON OFFER

Short, informal and lively sessions delivered in schools, colleges, youth groups and children's centres - or anywhere else where young people or parents meet. Sessions are booked at times to suit individual groups. Discover more about anxiety, depression and other illnesses and how they relate to stress. Find out where to get free help and support if someone you know is feeling anxious or low. There are opportunities for discussion and questions are welcomed!

WHO WE ARE

The Direct Action Project is a partnership between the Peel Centre (an established Islington community centre) and NHS North Central London (Islington Office).

OPEN TO

Anyone aged between 12-24 or parents/ guardians of children under 12. You should live, work, study or volunteer in Islington.

COST

FREE!

For more details or to book a session, contact Emma Charlton – details overleaf.

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More information

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Short, informal and lively sessions delivered in schools, colleges, youth groups and children's centres - or anywhere else where young people or parents meet. Sessions are booked at times to suit individual groups. Discover more about anxiety, depression and more, and how they are effected by stress. Find out where to get free help and support if someone you know is feeling anxious or low. There are opportunities for discussion and questions are welcomed!

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