

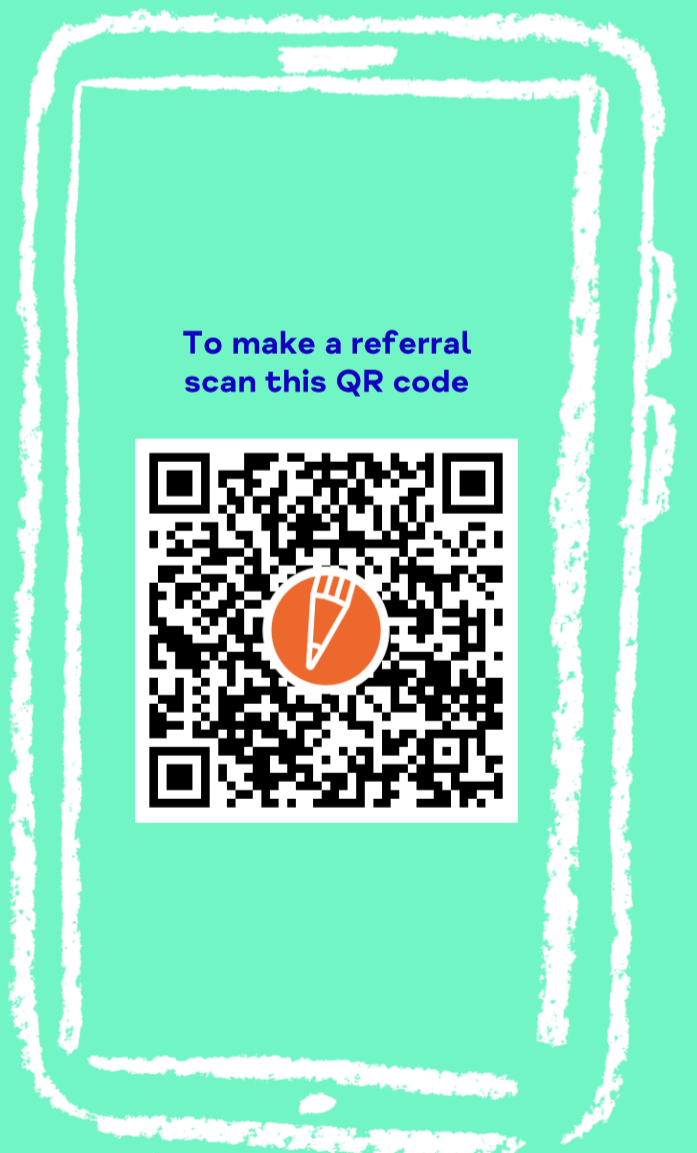
“Are you low in mood or
feeling anxious?
Come speak to us.”

1:1 support for students

The Mental Health Support Team at HFEH Mind provides 8-12 weekly CBT based guided self-help sessions for low mood and/or anxiety.

If you're interested you can speak to **Ms Cardoso** to make a referral to our service.

Alternatively, you can self refer to our service by scanning the QR code or clicking this [link](#)



Minds Matter: You Matter

For better mental health visit

www.hfehmind.org.uk

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