

1625 INDEPENDENT PEOPLE

WELLBEING SERVICE

Anxious?
Worried?
Stressed?
Low mood?
Can't sleep?
Low self-esteem?

We work with young people under the age of 18, who are struggling with difficult thoughts and feelings.

Our Wellbeing Practitioners offer free support, Cognitive Behavioural Therapy (CBT) and provide a safe place for you to talk and be listened to.

Please get in touch



0117 317 8800



iapt@1625ip.co.uk



www.1625ip.co.uk

