

Health Visiting Service

Adult Resilience Group

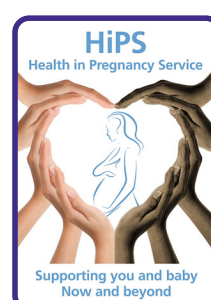
Do you want support in managing stress, anxiety or low mood?

Our unique four-week course will help build your natural abilities and resilience using a mixture of CBT, mindfulness and self-care techniques.



For more information, please contact the Health in Pregnancy Team on

01922 423252



If you require advice and support from the Health Visiting Service, School Nurse Service or any of our teams, please contact our **Single Point of Access** on **01922 603074** or **send a text explaining your concerns** with your **child's name**, **date of birth** and **NHS number** to **07520 634909**.