



# Information Leaflets and Self Help Guides

[A Guide for Mental Wellbeing - a creative self help guide to staying healthy and happy.](#)

[A Guide for Young People- a creative self help guide to staying healthy and happy.](#)

[A Guide for Children- a creative self help guide to staying healthy and happy.](#)

[A Workbook for Mental Wellbeing](#)

[Information for Parents and Carers](#)

[Steps to Deal with Stress - Booklet and self help guide for adults](#)

[Steps to Deal with Stress relaxation track](#)

[R U Worried?- Information leaflet to support younger children](#)

[R U Sad?- Information leaflet to support younger children](#)