

# Resilience for Wellbeing Service

Supporting young people to build confidence and resilience to cope when times are tough.

## Drop-in sessions

Venue: \_\_\_\_\_

Day: \_\_\_\_\_

Time: \_\_\_\_\_

SAD LOW  
SELF-HARM  
ANXIOUS  
WORRIED  
RELATIONSHIP DIFFICULTIES  
PANIC  
RISK-TAKING BEHAVIOURS  
HOPELESS  
OVERWHELMED  
I CAN'T COPE  
SUBSTANCE USE

### For more information

Call us on: **01896 668411 / 07937 986558**

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**[www.quarriers.org.uk/borders](http://www.quarriers.org.uk/borders)**