

# Resilience for Wellbeing Service

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

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9 H Q X H

' D \

7 L P H

SAD

LOW

HOPELESS

OVERWHELMED

SELF-HARM

ANXIOUS

RELATIONSHIP  
DIFFICULTIES

WORRIED

PANIC

RISK-TAKING BEHAVIOURS

For more information

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SUBSTANCE  
USE