



how effective are the COVID-19 VACCINES  
When can we get the ?

Useful info@ Association for Young People's Health



I write poetry to relax & express my self away from social media



To help a friend with their mental health the best thing is to LISTEN

We're more connected & ATTENTIVE than before - we can carve out a



YOUTH WELLBEING QUESTION TIME

NEW NORMAL

how do you cope with UNCERTAINTY

READ ALL THE QUESTIONS + ANSWERS



You don't have to follow what you think people are doing...



REACH OUT



take it ONE DAY at A TIME set daily or weekly goals and build it up

APPRENTICESHIPS

OPTIONS FOR THE FUTURE

UNIVERSITY WORK

change can feel hard but that doesn't mean it won't go well!



connecting care for children

