

**Do you know
someone aged 11-24?
Are they down or
anxious?**

**Tell them about our
wellbeing advisers.**

A trained adviser will chat to them – and they'll find help together. Then they'll have check-ins to see how things are going.

Telling someone about wellbeing advisers

You can give them this flyer. All the information they need is on the back. Or you can send them this link: **mind.org.uk/wellbeing-advisers**

Wellbeing advisers can see anyone who's 11-24 years old.

**They're not a counsellor.
But they'll find out what's
happening and get help.
And they'll catch-up to
see what's working.**

Wellbeing advisers are flexible. They can:


- Chat on the phone, by video call, or face to face.
- Offer different check-in times.
- Find different types of support.



Sign-up

Find out more at [mind.org.uk/
wellbeing-advisers](https://mind.org.uk/wellbeing-advisers)

or call **024 7655 2847**

 **Mind** Coventry and Warwickshire



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