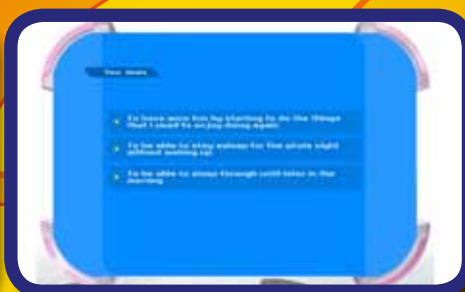


SOMETIMES LIFE CAN GET YOU DOWN



Stressbusters
is a new
service to help
people aged 10
- 18 years old to
cope with life's
problems



Stressbusters is a new service for people aged 10 - 18 years.

It's there to help you with the problems that you might face day to day at home, in school or with your friends.

Stressbusters is a computer programme which you use with support from someone trained to help. It's a confidential service, easy and fun to use.

There are some of the things Stressbusters can help you with:

- Low self-confidence**
- Getting things done**
- Feeling sad**
- Coping with bullying**
- Exam stress**
- Family problems**
- Problems with friends or relationships**

Stressbusters is available in Stockport and website. Visit our call or email us to find out details of when and where.

For more information and for details about Stressbusters please call Josh on 07867 455 913 or email him at stressbusterscibt@selfhelpservices.org.uk
You can also visit our website for more information:

www.selfhelpservices.org.uk