

Mental Health

Self Help

**Engage in physical activity
boosts mood and reduces stress.**

**Mindfulness or Meditation: Helps
calm the mind.**

**Set Boundaries: Don't take on
more than you can handle.**

Learn to say no when needed.

**Social Support: Talk to friends,
family, or supportive people
regularly.**

**Make time for hobbies, music, art,
nature, or whatever uplifts you.**

Support Services

**Middlesbrough Children Matter
01642 245432**

**CAHMS
0300 0132 0000**

**Arch Teesside
01642 822331**

**Just Talk
07548 483790**

**The Link
01642 505580**

**Impact on Teesside
01642 572934**