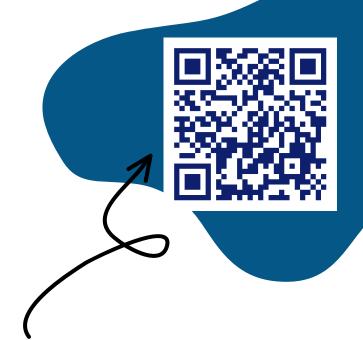


Do you feel...?



Scan the code for more information

Worried? Sad? Angry?

Compass Birmingham MHST

We can help you with things like:

- Anxiety
- Low Mood
- Sleep
- Worry



Your Mental Health Support Team (MHST) works in your school to support you before things get too difficult.

Website: Compass-uk.org/services/compass-birmingham-mhst/