

Compass

GO



NEVER FEEL STRANDED

NORTH EAST LINCOLNSHIRE

MENTAL HEALTH SUPPORT SERVICE

As you grow up life can be challenging at times and sometimes you just need that extra support.

At Compass GO... we offer the right mental health support at the right time to help you find your way to wellbeing.

We can help with managing:



- Strong emotions
- Anxiety
- Self harm
- Relationships
- Exam stress
- Low mood
- Difficulties with managing change



"When we can talk about our feelings they become less overwhelming, less upsetting and less scary"



@CompassGOMHST

01472 494 250



nelincsmhst@compass-uk.org



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**HELPING YOU FIND YOUR
WAY IN THE DARK**



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