



## Virtual Wellbeing Coaching

Children & Young People  
[cypcoaching@lancashiremind.org.uk](mailto:cypcoaching@lancashiremind.org.uk)

**Do you know a young person who:  
Struggles with anxiety or low  
mood? Has low self-esteem or  
low confidence? Lacks a routine?**

If you are aged 10-18 our **Wellbeing Coaches** can work with you, teaching you to make different choices to your mental wellbeing.

Life should be more than just getting by, every child and young person should have the opportunity to live a healthy, happy lifestyle. Our Wellbeing Coach can help you feel happier and healthier by identifying lifestyle goals and the barriers that are preventing them from being reached.

**If you or someone you know is struggling, get in contact with us to see how we can help.**

